

Winter 2025

# STARS

## PARENTING GROUP



We are excited to offer a parenting group to educate and support parents in navigating the many challenges of raising children and youth. This program is designed on a unique STARS parenting framework, focusing on how to regulate yourself as a parent, approach and build connections with your child, deescalate big emotions, problem solve effectively and set consistent and appropriate limits. This is an interactive group program that involves a level of self reflection.

### Throughout this program you will learn:

- The STARS parenting framework as a model for approaching your relationship with your child
- An awareness of your own experiences, emotions, and thoughts that impact your parenting style
- Specific skills and how to apply them when addressing common and difficult parenting issues
- An approach and skills that are applicable to supporting mental health difficulties with children and youth



### The STARS parenting approach and skills are applicable for working with children and youth:

- With various neurodiversities such as Autism, ADHD and Learning Disabilities
- With children and youth who have mental health difficulties such as anxiety, depression, and behavioural challenges
- With children from preschool to high school age



**Dates: Wednesday, Jan 15th - Mar 5th (8 weeks)**

**Time: 7:00-8:30pm**

**Delivery: Zoom Telehealth**

**Cost: \$100 per session (\$800 total) - registration fee covers for a maximum of "2 parents" from a household/family unit**

"Parents" is used to include any person who is acting in a primary caregiving role to a child or youth. We recognize that families come in many types, and we value all types and structures including but not limited to lgbtq+, blended, multi-parent, guardians, grandparents, etc.

For more information and to register,  
please visit [www.drnfountain.ca/clubhouse](http://www.drnfountain.ca/clubhouse)



Dr. Angela Fountain and Associates  
1037 Howden Rd. E.  
Oshawa, ON L1H 0L7  
905-655-5813

# Steps to Follow for Application Process

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1.

Click on the "application" link on our website

2.

Book a phone call in the schedule provided

3.

Complete and submit the online application forms **before** your phone call

4.

Speak with our group program director about your application

5.

If approved, you will receive a confirmation email outlining next steps and payment options

