



Impact statements from parents who completed Parents' Academy

“I’ve learned about expressing feelings and building trust. Now I know that my children and myself deserve to be nurtured. I realize things from my past that still affect me today. I learned the real meaning of unconditional love. “

“It helped me feel a lot better about myself. I see how I made some mistakes but how I can change and be a better parent. The class taught me how to emotionally bond and attach to my kids. I loved that I was not judged here. I want to come back and help others.”

“I learned how to break the cycle. Now I know that my parents did the best they could, but the way I grew up is not what I want for my kids. I learned about empathy and setting boundaries. Now I understand more about my kids’ needs and feelings.”

“Parents’ Academy has helped me to become not only a better parent but also helped me to become a stronger woman while I escaped an abusive relationship. I am now empowered and excited about what the future holds for my children and I . I came in this class broken, confused and lost. I gained important tools that I will use for the rest of my life.

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