

## THE MINORITY FAMILY PROGRAM

# Parent and Youth Groups

### You Are Not Alone!

Smart Love Family Services welcomes the parents and children of minority families in the greater Oak Park area to be part of our Minority Family Program, a free-of-charge year-long program providing knowledge, peer support, and guidance uniquely tailored to fit their needs. This great resource empowers families to better understand their children's behavior and emotions, along with factors that affect their self-regard and success at school, home, and in life.

Parent and Youth Groups offer safe, supportive and confidential space for exploring the concerns, questions, and issues that affect minority children and how their parents contend with them to ensure their physical and emotional well-being in school and in their communities.

Parents and children come to separate biweekly Saturday Group sessions to gain ideas, knowledge and encouragement in dealing with issues such as:

- Helping children understand and process current affairs appropriately for their age
- Identifying and overcoming inequalities and coping with racist attitudes and systems
- Establishing positive and healthy at-home learning environments
- Finding and supporting children's positive motives during these challenging times
- Managing "the homework struggle" during the pandemic
- Encouraging a healthy, positive sense of self and identity in the context of a dominant culture
- Developing positive communications and problem-solving skills
- Reinforcing the making of good choices
- Maintaining a positive attitude toward school
- Dealing with siblings, peer pressure, and stress
- Establishing parental expectations and setting boundaries
- Building healthy and happy relationships with family and friends

Smart Love's dedicated professionals lead the Group meetings, providing a non-judgmental, caring, environment for parents and children to confidentially share their experiences, ask questions, and express their hopes. Participants are encouraged to learn from one another and Smart Love staff, whether they simply come and listen—or actively participate in discussions and connect with their peers.

Children from 6-18 are welcome to participate in the Youth Group sessions. Individual parent coaching and support sessions are also available free-of-charge for MFP participants who are residents of Oak Park and Proviso Townships.

**During the COVID crisis, the Groups are meeting via Zoom**

**The Parent Group meets from 12:00 to 1:15 p.m.**

**The Youth Group meets from 1:30 to 2:45 p.m.**

Please register online at <https://www.smartlovetfamily.org/smart-love-seminar> or contact Program Director, Dr. Felicia M. Owens, Psy.D., LPC for more information 773.665.8052, ext. 227 | [felicia.owens@smartlovetfamily.org](mailto:felicia.owens@smartlovetfamily.org)



**Dr. Felicia M. Owens**  
Director



**Katherine Ford, MSW**  
Facilitator



**Jessica Hudnall, M.A.**  
Facilitator



**Dr. Gabrielle Rodriguez Franco, Facilitator**

### Upcoming Group Meeting Dates

2020

September 5, 19

October 3, 17, 31

November 14, 28

December 12

*Dates are subject to change.*

*Please call in advance.*

Major funding for this program is provided by grants from:



**Community Mental Health Board**  
of Oak Park Township

Additional support provided by:

**Westlake**  
HEALTH FOUNDATION

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