

COMMUNITY BUILDING

SAHARA Parenting Program



What is SAHARA Parenting Program?

SAHARA Parenting Group programs are in existence since March 2000. SAHARA Parenting Group Programs are linguistically and culturally appropriate psycho-educational group programs for South Asian parents. These group programs provide skills to parents with children ages 0 to 16. The programs cover a wide variety of topics and are offered at different locations.

Who can benefit?

Children 0 to 16 years old
Parents and Grand parents

What are the major benefits?

The benefits are substantial and include:

Services are in Punjabi, Hindi, and Urdu

- Learn how to discipline children without the use of physical punishment;
- Understand the difference between child-rearing back home and child-rearing in Canada;
- Learn effective communication techniques;
- Learn effective problem solving skills;
- Learn more about the legal and education system
- Understand the role of Children Aid Society;
- Understand the effect abuse has on children;
- Improve children's behaviour through positive reinforcement techniques;
- Seek help when needed.
- Define the role of extended family members in parenting.

How are referrals made?

Referrals are made by calling 905.677.0889 or 905.790.0808. Community Based Agencies, Probation Officers, Lawyers, Religious leaders, Family Members, Family Physicians and individuals may make a referral.

Where is the Program located?

The program is located at 2829 Derry Road East, Mississauga, Ontario, L4T 1A5

What are the hours of operation?

1st Sunday of every month – 2:00 p.m. to 4:00 p.m.

3rd Monday of every month – 6:00 p.m. to 8:00 p.m.