

# Adaptive Parenting Tools (ADAPT)

## Register Today!



The Defense Department and the Military and Family Life Counseling (MFLC) Program are pleased to offer ADAPT at your location.

ADAPT is a family resiliency program that strengthens families by reducing stress, improving parenting, preventing and reducing children's emotional and behavioral problems, and strengthening parental functioning. ADAPT is an evidence-based parenting program designed for military families with school-aged children ages 4-13.

- Parents reported high satisfaction for all sessions of the program.
- Parents who attended at least 3 sessions tended to complete most of the program.
- Research results show that ADAPT significantly improves parenting and parents' confidence. Children show improved behavior and emotional adjustment.
- Parents also report reduced depression, PTSD, and suicidal tendencies.

*"Given the circumstances and restrictions of the last two years, we are so grateful for the ADAPT program which has provided support and connections to many of our families. The isolation that many parents and kids felt during COVID was heightened due to military-connected circumstances such as frequent moves and deployments. ADAPT has become a trusted resource for our families."*

*Jamey Chiaretta and Margo Pareja - Fort Belvoir Elementary Principals*

### ADAPT helps parents:

- Identify Family Values and Goals
- Gain Tools to Strengthen Relationships
- Develop United Parenting
- Manage Conflict in Relationships
- Gain Cooperation and Reduce Worries/Fear

Beginning tentatively March 18, 2022-Ongoing

Time: Fridays, 0900-1100

Location: To be determined

Facilitated by a Military and Family Life Counselor (MFLC) to enhance and further complement existing family support and referral systems.

### Contact for More Information:

Sienna Ambrose  
Military and Family Life Counselor (MFLC)  
619-214-2143

Participants will also receive access to the free ADAPT Online Parenting Tool—14 self-paced modules available to parents from any location!



*Scan me*

[www.AdaptParenting.org](http://www.AdaptParenting.org)