

## Parenting Programs

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Family

No

Intake Process

Call the Service Enrollment Unit for an assessment.

Intake Contact Telephone

(855) 426-5263

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Highlands Community Services

<http://highlandscsb.org>

Main

(276) 525-1550

Toll-Free

(855) 426-5263

Phone Emergency

(866) 589-0269

608 Campus Drive

24210 VA

United States

Additional Availability Comments

Crisis services are available 24 hours per day, every day.

Fee Structure

Call for Information

Languages Spoken

English

Highlands Community Services offers free parenting classes including:

- Project Dads is a comprehensive and innovative parenting class for fathers that utilizes the 24/7 Dad curriculum developed by the parenting experts of the National Fatherhood Initiative. This community-based program helps men develop the attitudes, knowledge, and skills they need to get and stay involved with their children. Topics covered include discipline, working with mom and co-parenting, showing and handling feelings, masculinity, dealing with anger, improving communication skills, stress, substance use, work, and more.
- The Early Childhood Parenting Program is for parents whose children are newborn through age six. Classes help parents gain overall parenting skills and better understand their child's behavior including ways to handle crying, temper tantrums, toilet training, lying, jealousy, and other common challenges. This class also focuses on building self-esteem and increasing communication.
- The Strengthening Families Program is for families with kids ages six through sixteen years of age. This fourteen week program includes family sessions that are highly interactive and include role-playing, discussions, learning games, and family projects. Topics covered include managing stress, goal setting, solving problems as a family, how to handle peer pressure, and more.

Crisis Telephone Contacts:

Monday through Friday from 8:30am-5:00pm: Call (276) 525-1550;

After Hours, Holidays, and Weekends: Call (276) 645-7400 for Central Dispatch in Bristol or (276) 676-6277 for Central Dispatch in Washington County;

Life Threatening Emergency: Call 911.

Service Area(s)

Bristol City

,

Washington County