



Hilltop Residential Facility

Nurturing Parenting Program

While at Hilltop all residents have an opportunity to participate in the Nurturing Parenting Program. This program is a proven model of parent and youth skill-building techniques that gives families new tools and better strategies for living together.

The curriculum consists of a twelve week course that covers key topics to help families learn new ways to relate to each other, and build nurturing skills. Topics discussed include, but are not limited to, communication, feelings, substance abuse, individual needs, negotiations, anger management, adolescent development, life skills, depression, suicide and AIDS.

The classes begin by separating the parents from the youth and working on concerns and questions from each view point. The second segment of each session consists of bringing the parents and youth together to discuss and practice techniques that were covered.

The program is provided on Wednesday evenings from 6:30 to 8:00. **Only the parent(s) or guardian(s) are allowed to attend. No other visitors are allowed. The same rules for not bringing items to the facility still apply.**