

# Get the Support You and Your Family Need to Thrive.

Through **Philly Families Thrive**, ADAC offers **free** services to families with children ages 0-8 years (including prenatal) living in Philadelphia who are in need of support to improve the overall health and wellness of their families.

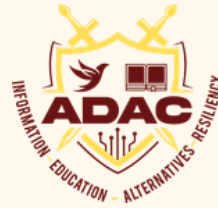
Do you often feel stressed and overwhelmed and need healthy coping skills?

Do you have goals that you'd like you and your family to meet but feel unsure of how to reach them?

Have you or your child experienced violence, trauma, a mental health disorder, or a substance use disorder?

Do you need access to resources but don't know where to find them?

If you answered "Yes" to **any** of those questions, or otherwise feel that your family is in need of support, we're here for you.








*Little People Doing Bigger and Greater  
Things in the Community*

## Getting in Touch

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-  [@adacphilly](https://www.instagram.com/adacphilly)
-  [ADAC Youth @ Family Services](https://www.youtube.com/ADACYouth@FamilyServices)

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HELPING  
PHILLY  
FAMILIES  
THRIVE  
FREE  
SUPPORT SERVICES  
FOR PARENTS & FAMILIES

# Family Programs

## Positive Parenting Choices Program

As a parent, you will learn **copng skills**; establish **healthy parent-child relationships**; and learn ways to help prevent and reduce behavioral and emotional problems in your child or teenager that lead to risky behaviors. You will receive **1-to-1** parent support **on Zoom or in person** and family-based prevention/intervention using an evidence-based parenting curriculum.

## Resource Support Services

Your family will receive support to **establish and reach goals** by addressing family concerns in a manner that fosters independence, **growth**, and development. Your Parent Practitioner will provide resources and referrals when needed and continuously check in to ensure that you have access to and are benefitting from services.

Sign up for **FREE** at [bit.ly/3GTu3TR](https://bit.ly/3GTu3TR).

Or scan the QR code.



# STRENGTHENING FAMILIES FROM WITHIN

**PHILLY FAMILIES THRIVE**

Parents who complete the Positive Parenting Choices Program will receive a

**\$75 GIFT CARD**  
to Amazon, Walmart, Target, or Shoprite!

## Parent, Child, and Community Outcomes →

- Increased positive parenting and parental confidence
- Decreased parent stress, anxiety, and depression
- Improved child behavior
- Improved parent-child relationships
- Decreased adverse childhood experiences
- Decreased out-of-home placements
- Increased access to resources and available substance misuse prevention and violence prevention services
- Decreased favorable attitudes to and demand for alcohol, tobacco, and other drugs
- And more