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OhioGuidestone Offers Free At-Home Parenting Program in Medina, Summit and Lorain Counties

Play-based model infuses joy into parent-child relationships

BEREA, OHIO, November 11, 2020 – OhioGuidestone, one of the largest behavioral health agencies in the state, is looking for parents in Medina, Summit and Lorain Counties to participate in a completely FREE and fun, play-based program for parents and children.

The <u>Joyful Together</u>® program – the agency's new research-based model that lowers parental stress, improves parent-child relationships and increases childhood resiliency through playing games – is done virtually, completely from the comfort and safety of a participant's home through video calling

"These are super useful tools," says Sandra, a mother of two. "As grownups, you've forgotten how to play, but these are strategies that help you play."

In order to qualify for Joyful Together, parents must have a child(ren) between three (3) months and 10 years of age. They must also be a resident of Medina, Summit or Lorain County.

Program participants will receive a \$20 gift card once they have enrolled and started their play sessions. Those who are interested or want more information should email research@ohioguidestone.org or call 216-339-9941.

Sometimes you know you want to do things better, but you don't know how to and this program gives you the skills and tools," says Betsy, a mother of six. "Instead of me coming into the home being all stressed, you come into the home and it's joyful or it's happy.

To learn more about Betsy's story and Joyful Together, click here.

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About OhioGuidestone

OhioGuidestone, a leader in the field of behavioral health, has been helping individuals throughout Ohio reset their paths, reclaim their autonomy and restore their purpose for more than 156 years. The nonprofit, Berea-based organization connects individuals with the resources needed to achieve lifelong success, providing community counseling, substance use disorder treatment, early childhood mental health services, workforce development training and more. Connect with us on www.ohioguidestone.org, Facebook, Twitter, Instagram or by calling 440-260-8303.