Characteristics of a healthy family:

- Strong family relationships
- Share responsibilities and decision making
- Involved in outside activities that builds pride, competence and self-esteem
- Able to express feelings and accept differences of opinion
- Cope with stress and crisis in a resilient manner
- Parents role model ability to problem solve









Orange County
Children's Support
and Parenting Program
CSPP

1200 N. Main St., Suite 300 Santa Ana, CA 92701 Phone: (714) 480-4678 Fax: (714) 480-6608



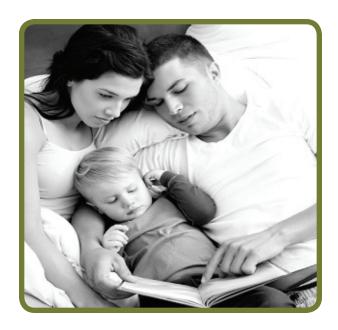
What is CSPP?

The Children's Support and Parenting Program (CSPP) is designed to help the children of parents who have in the past or are currently experiencing problems with mental illness and/or substance abuse. The program's goal is to give parents the support they need to build strong relationships and give family members valuable tools to become a healthy family.

CSPP provides the following services:

- An eight-week series of parenting groups for parents and caregivers
- A six-week series of educational groups for children and adolescents that builds life skills and resiliency
- Multi-generational groups celebrating the family
- Individual sessions with program facilitators to address specific family issues
- Periodic booster sessions to reinforce the skills learned from the program





How do I access CSPP?

CSPP is a free program offered at community organizations throughout the county. For information on the next open group, call CSPP at (714) 480-4678.

If you would like to host a series at your location, please call us to discuss scheduling and space requirements.