

## Parenting Tips from The Parent Project ®:

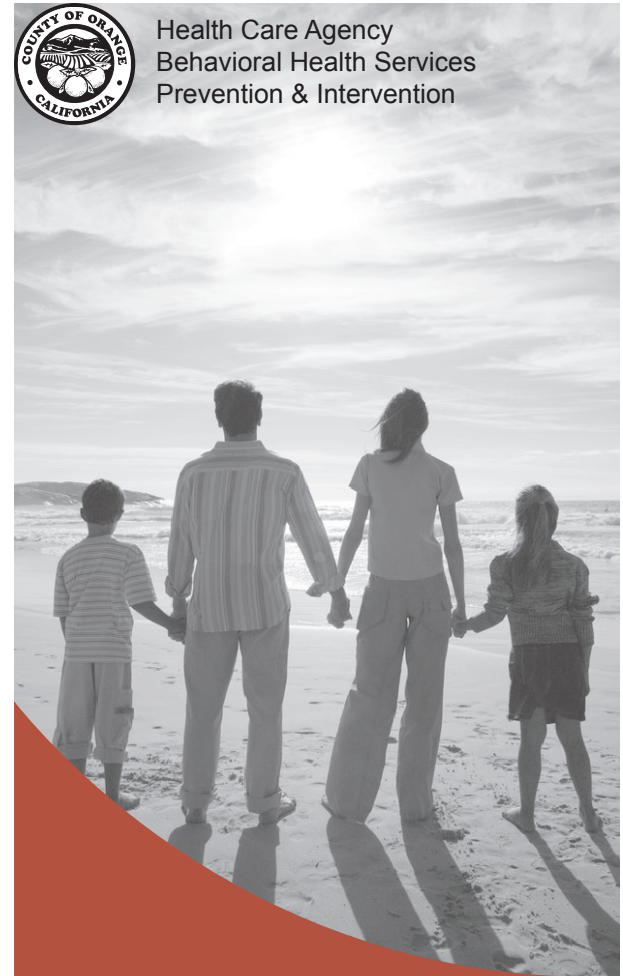
- Show and express love
- Use praise or positive strokes to encourage desired behavior
- Use consequences to decrease undesirable behavior
- Have a plan to address problematic behavior
- Actively supervise by asking who, what, where, when and why
- Create structure
- Solicit support from other parents



Health Care Agency  
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## *Orange County Stop the Cycle Program STC*

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## What is STC?

The Stop the Cycle Program (STC) is a free program designed to help the siblings and parents of youth involved in the juvenile justice system. The program's goals are to enhance protective factors for the children, improve parenting skills for the parents, and build an ongoing system of support for the whole family.

## STC provides the following services:

- A 12-week series of parenting groups for parents and caregivers
- A 12-week series of educational groups for children and adolescents that build life skills and resiliency
- Individual sessions with program facilitators to address specific family issues
- Periodic booster sessions to reinforce the skills learned from the program
- Referral and linkage to community services



## How do I access STC?

The STC program is exclusively for families that have at least one adolescent family member involved in the juvenile system and one or more children not involved in the justice system. Acceptance into a group is generally through a direct referral by probation, schools or other community services. However, a family can self refer and inquire about services. For more information on eligibility and referrals, call STC at (714) 480-4678.