



Family SUPPORT Program

THERAPEUTIC GROUPS

Domestic Violence

This is an 8-week therapeutic group program designed to support individuals who have experienced domestic violence. The curriculum provides education, healing centered activities, and practical tools to help participants rebuild safety, confidence, and stability.

Program Modules Include

- The impact of domestic violence on children
- Understanding why victims stay
- Healthy vs. unhealthy relationship dynamics
- Safety planning and personal protection strategies
- Emotional well being and mental health support
- Financial abuse and pathways to financial independence
- Developing a growth mindset and future focused resilience

Program Approach

This is a multimodal, trauma informed curriculum incorporating slides, film, poetry, visuals, worksheets, art expression, and direct instruction. The program integrates principles of CBT, DBT, and solution focused, goal oriented practices.

A.N.C.H.O.R.

Active • Nurturing • Committed • Honorable • Open Hearted • Responsible

This is a 12-week fatherhood program designed to strengthen positive parenting, healthy relationships, and family stability. The curriculum provides education, healing centered activities, and practical tools to help fathers build stronger connections with their children and co parents.

Program Modules Include

- Fatherhood Values & Skills
- Stress & Anger Management
- Effective Communication
- Co Parenting & Healthy Relationship Strategies
- Child Support Education
- Family Budgeting & Financial Planning
- Job Assessment, Employment Resources, Career Resources
- Mentoring & Positive Male Role Modeling

Key Learning Areas

Parenting, fatherhood, DV impact, non violence, co parenting, emotional health, resilience, community, finances, identity as a father.

THERAPEUTIC GROUPS

P.E.A.R.L.

Parenting Education and Resilient Living

P.E.A.R.L. is a 12-week parenting program designed to strengthen positive parenting, healthy relationships, and family stability. The curriculum provides education, healing centered activities, and practical tools to help parents build stronger connections with their children through exploration of many parenting and family topics.

Program Modules Include

- Parent role & impact of stress
- Mental health issues
- Child development basics
- Positive discipline
- Parent stress regulation
- Attachment & bonding
- Communication skills
- Safe, stable home
- Healthy relationships & boundaries
- Parenting under stress/trauma
- Core life skills
- Systems navigation & advocacy
- Long term goals & planning

Key Learning Areas

Healthy parenting, safety, emotional well being, resilience, financial stability, and strong community support.

Program Approach

HELIX Human Services, P.E.A.R.L. groups offer a multimodal, trauma informed curriculum incorporating slides, film, poetry, visuals, worksheets, art expression, and direct instruction. The program integrates CBT, DBT, and solution focused, goal oriented practices.

Licensed clinicians are present during every session and are available for individual consultation.

Sign Up

Enrollment is rolling, join us for any or all sessions.

Contact your DCF Social Worker to register. Referrals are required.

Location



30 Sherman Street
Springfield, MA

Questions?

Contact Kristin Balmer,
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