

## Directions for Youth & Families

A Resiliency-Oriented/  
Trauma-Informed Agency

**Resiliency** → the ability to return to being healthy & hopeful after difficult things happen in your life.

**Trauma** → any past event, situation, or experience resulting in distress.



→ **We believe** all individuals have rights and a voice in treatment that will be met with respect and dignity.

→ **We believe** children and families thrive best in physically and emotionally safe environments.

→ **We believe** all children and families have unique strengths, abilities, and talents and that with the right supports and encouragement youth can achieve their full potential.

→ **We know** parent involvement is critical in helping children learn to interact in a healthy way with others, manage their emotions, and communicate their feelings and needs.



DFYF is 1 of 27 members of The National Crittenton Foundation family of agencies. Operating in 31 states, DFYF is the only one in Ohio.



DFYF is accredited by:  
the Council on Accreditation for  
Children and Family Services (COA)



DFYF is certified by:  
Ohio Mental Health and Addiction  
Services Department.

DFYF is a member of:

- Family Service Council of Ohio
- Ohio Council of Behavioral Healthcare Providers
- Ohio Association of Nonprofit Organizations

DFYF collaborations include:

- United Way of Central Ohio
- ADAMH Board of Franklin County
- Franklin County Dept of Job & Family Services
- City of Columbus
- Franklin County Juvenile Court
- Ohio Attorney General's Office
- Columbus City Schools
- South-Western City Schools
- The Columbus Foundation



### Additional Locations

East Office  
3616 East Main Street  
Columbus, OH 43213  
P. 614.251.0103

Ohio Avenue Youth Center 657 South Ohio Avenue Columbus, OH 43205 P. 614.258.8043	The Crittenton Center 3840 Kimberly Parkway N. Columbus, OH 43232 P. 614.694.0203
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### Main Office:

1515 Indianola Avenue  
Columbus, OH 43201  
P. 614.294.2661 • F. 614.294.3247  
www.dfyf.org • intake@dfyf.org

# Directions

## for Youth & Families

Changing lives. Changing communities.

Empowering families and their  
children to make sound choices and  
achieve promising futures

## Positive Paths Parenting Classes



For more information  
contact our  
Intake Department at  
614.294.2661

- Counseling & Clinical Services
- Kindergarten Readiness Program
- Prevention & Parenting Services
- After-School / Summer Programs

## ● POSITIVE PATHS PARENTING ●

- For almost 30 years Directions for Youth & Families has provided parenting classes in the community in an effort to help strengthen families.
- The Positive Paths Parenting program is for parents or caregivers, with children of any age, who are in need of learning basic parenting skills.



## ● CURRICULUM ●

### BABIES TO 5 YEARS

Classes cover:

- What a baby's cry means
- Ages and stages of development
- Building a strong bond
- Your child's growing brain
- Using mindfulness to keep your cool
- Effective discipline young children can understand
- Choices and consequences
- 6 ways to prepare your child for school success
- and much more!

### TWEENS / TEENS

Classes cover:

- Positive, non-violent discipline
- Communication techniques
- How to teach responsibility, courage, and other important character traits
- Encouraging school success in 7 steps
- Preventing future problems with drugs, alcohol and sex
- Diffusing power struggles
- Stimulating independence as your child grows older

Positive Paths utilizes:



## ● CLASS INFORMATION ●

- Classes are held at Directions for Youth & Families' east office:  
3616 East Main Street  
Columbus, OH 43213
- Classes are offered in many different time frame combinations. Each class series has up to 8 hours of instruction.
- A certificate is given upon completion.
- Cost is \$25 per person.
- To register contact our Intake Department at 614-294-2661.



EFFECTIVE PARENTING  
is marked by

- *unconditional love*
- *positive communication*
- *limit-setting*
- *appropriate discipline*
- *healthy boundaries*