

## JHP STRUCTURE

### First Hour

- All participants and facilitators share in a meal together

### Second Hour

- Parents and children attend separate group sessions led by two certified facilitators

### Third Hour

- Families are brought together and engage in guided discussions and activities



## Testimonies

*" My daughter doesn't have close friends and she doesn't trust anyone easily. But since we started the program, I have noticed that she is eager to come and listen to what you have to offer. I feel that you influence her. She looks forward to seeing you every Saturday"*

- JHP Parent



*"The program opened my eyes to the importance of building a friendship with my children, rather than just acting as a parent. I know now how to prioritize my time with my kids, how to spend more time with them and how to listen to them."*

- Excerpt from CBC Article, JHP parent interview

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## Journey Home Project

Based upon the Strengthening Families Program (SFP)



**Journey Home**

Strengthening Families Program

عائلات قوية

SFP is an internationally recognized, evidence-based parenting and family strengthening program for families at all risk levels.

This 14 week program is delivered in Arabic and English for newcomer parents/caregivers and their children between the ages of 6-16 years, who have experienced pre and/or post migration stressors and are from conflict zones.

JHP has been found to significantly reduce negative family outcomes and children behavioural problems that can lead to the involvement of Criminal Justice System.



MRCSSI is involved in creating a more culturally adaptive program to fit the needs of the participating families. This includes providing Arabic translated handouts and curriculum activities.



Participating family members must attend at least 10 out of 14 the sessions in order to receive the Certificate of Completion.



## Incentives

Free Meal

Child Minding

Subsidized Transportation

Certificates



*“There has been a definite improvement in the children’s behaviour at school”.*

*- School Principal*

**For More Information**  
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## Benefits of JHP

- Promotes healthy family communication
- Increases resilience
- Improves academic performance
- Strengthens family cohesion
- Teaches skills to resist peer pressure, problem solve and manage emotions
- Enhances children’s social and life skills
- Breaks social isolation among participating families
- Parents will learn to set limits while still expressing love
- Reduces the use of substances
- Reduces delinquency in youth