

# Your Journey Together

## A Resilience-Building Parenting Curriculum



### What is *Your Journey Together*?

*Your Journey Together* (YJT) is a strength-based curriculum designed to promote the social and emotional health and resilience of vulnerable children and their families. The YJT curriculum focuses on empowering parents to promote safe, trusting and healing environments - all key elements of a trauma-sensitive program.

### What is the Goal of YJT?

YJT provides parents (adults responsible for parenting young children) with the knowledge and skills that promote resilience, and helps family members better cope with life's challenges.

### How Does YJT Work?

The YJT curriculum is facilitated by a coach, who is typically a social worker, case worker, home visitor, or other family-serving professional. The coach uses the YJT lessons to show parents how everyday routines, activities, and interactions help promote resilience in young children and the adults caring for them.

### What is Included in the YJT Kit?

The YJT Kit includes all of the resources that a coach needs to implement the curriculum:

- YJT Coach Guide with 29 step-by-step lessons and parent handouts (266 pages)
- A copy of the adult resilience journal, *Building Your Bounce: Simple Strategies for a Resilient You*
- Parent Guides and Strategy Resources
- Coach Portal: web access to Parent Handouts (in both English & Spanish!), Presentations to support Group Workshops, as well as Videos

All for the price of \$149.95!

### Professional Development

The Devereux Center for Resilient Children offers a variety of professional development opportunities that focus on the successful implementation of YJT at your program. Free informational webinars, distance learning trainings, and live training events are all available to help build the resilience and social and emotional health of staff and parents who are caring for young children. Reach out to Debi Mahler, Director of Professional Development, at [dmahler@devereux.org](mailto:dmahler@devereux.org).

- Aligns with the most recent Head Start Performance Standards
- Aligns with the Center for the Study of Social Policy's Strengthening Families™ Protective Factors Framework
- Aligns with SAMHSA's Six Key Principles of a Trauma-Informed Approach



Purchase your kit today at  
[www.YourJourneyTogether.org](http://www.YourJourneyTogether.org)