

Exchange Family Center
3400 Croasdaile Dr. STE 206
Durham, NC 27705



FACT SHEET

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DIFFERENT SERVICES OFFERED BY THE FAMILY SUPPORT PROGRAM (4)

Attachment and Biobehavioral Catch-up (ABC):

- Provided in the home one hour per week, for 10 weeks
- For parents of children ages 6 to 24-months-old
- Focuses on building the bond between parent and child
- Offers specific ways for parents to meet their infants emotional needs through strategies for relationship development

SafeCare:

- A three-part program provided in the home one hour per week, for 18 weeks
- For parents of children ages birth to 5-years-old
- Focuses on helping caregivers develop a plan for handling illnesses and injuries
- Helps parents identify and remove items in their home hazardous to young children
- Strengthening the bond between parent and child by teaching strategies to make daily tasks with young children easier

Positive Parenting Program (Triple P):

- Provided in the home or in our office for one hour per week, for 12-20 weeks
- For parents of children ages 2 to 6-years-old
- Improves parent to child relationships
- Uses coaching to teach strategies to calmly manage difficult behavior

Parent-Child Interaction Therapy:

- Provided in the home for one hour per week, for 10 weeks
- For parents of children birth to 11-years-old
- For specific concerns or less intensive challenging behavior
- Offers a variety of prevention and management strategies for parents to choose from and implement

*For pricing and more information please contact The Exchange Family Center by calling (919) 403-8249