

## Parent and Child Enrichment Program (PACE)

PACE offers free parenting classes for parents of children 0-6 in several locations in Miami-Dade County in person and online. PACE's developmental specialists help parents understand their children's developmental cues and needs in order to encourage their optimal development.

## Who We Are

Cayuga Centers is a nationally accredited 501(c)(3) non-profit, human services agency founded in 1852. It offers high quality services supported by evidence and research. Cayuga Centers provides a continuum of services nationally, with offices in over ten cities. The agency specializes in providing individualized, disability-inclusive, culturally appropriate, and trauma-informed support to diverse populations.



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Enrichment Program  
(PACE)

Learn how to nurture  
your child's potential

[cayugacenters.org/pace](https://cayugacenters.org/pace)



### As parents interact with their children they will:

- Learn developmentally appropriate play
- Increase attunement to the child's needs
- Increase knowledge and understanding of the child's development
- Increase confidence in their parenting role
- Find joy in parenting

### Through age appropriate play children will:

- Learn to solve problems
- Test out ideas
- Explore their imaginations
- Develop vocabulary
- Communicate thoughts, feelings and needs
- Interact socially

### Parenting Skills Classes

In a supportive environment PACE covers a wide variety of topics to enhance parental skills.

### Parents will focus on topics such as:

- Developmental tasks
- Responding to child's needs and distress
- Separation
- Attachment
- Communication
- Limit setting
- Positive discipline

Discussions will actively engage parents in the process of discovering, listening to, and trusting their own experiences as they begin to understand and think in new ways about the meaning behind their children's behavior and their interactions.

Parenting classes for teenage parents will address specific challenges they face. In partnership with the Teenage Parent Program (TAP) at Miami-Dade County Public Schools, PACE Teenage Parenting Classes provide the skills and tools needed to nurture their infants emotionally, cognitively and socially.



**Parent and Children Enrichment Program, PACE, is funded by The Children's Trust.**

The Children's Trust is a dedicated source of revenue established by voter referendum to improve the lives of children and families in Miami-Dade County.