



Agency Summary

Mission & Purpose

Saint Joseph Parenting Center (SJPC) strengthens families at risk of child abuse and neglect through parenting education and support. Each year, SJPC serves nearly 400 parents across Fairfield County, many facing poverty, trauma, isolation, and high stress. Through a two-generation approach, parents build resilience, strengthen parenting skills, and create more stable, nurturing home environments for their children.

The Need

Children's outcomes are shaped not only in schools, but by daily caregiving in the home. Parenting education strengthens the home environment and reinforces gains made in early education and school based programs.

The need for prevention focused support is significant. In FY 2024, the Connecticut Department of Children and Families received approximately 71,000 allegations of abuse and neglect statewide, including nearly 14,000 in Fairfield County. The most common substantiations, physical neglect, physical abuse, and emotional neglect, are closely linked to parental stress, economic instability, and lack of support.

State data further underscores this need. According to the November 2025 CT RAPID Survey, 74 percent of parents reported needing additional parenting resources, 48 percent felt overwhelmed, and 25 percent struggled to manage parenting demands. Language access is also a barrier, with 80 percent of non English speaking households identifying Spanish as their primary language and one in four lacking resources in a language they are comfortable using.

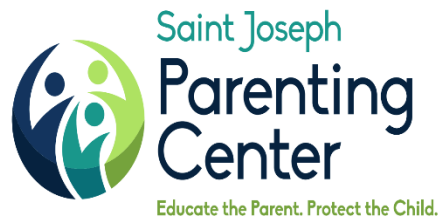
Our Response

SJPC provides free, research and evidence-based parenting education and individualized support in English and Spanish using a trauma informed, culturally responsive approach.

Core services include:

- **General Parenting Program:** A 23-session, comprehensive and holistic program designed to strengthen parenting skills, build resilience, and promote healthy family dynamics.
- **Dads Are the Difference:** A 12-session fatherhood program focused on strengthening relationships, increasing engagement, and empowering fathers in their parenting role.
- **The Women's Circle:** A 12-session support group for mothers that fosters connection, emotional wellness, and personal growth in a safe, trauma-informed environment.
- **Individualized Case Management:** One-on-one support and resource navigation to connect families with essential services and address barriers to stability.

All families receive case management to reduce barriers and address immediate stressors, ensuring they can fully engage in services and apply what they learn.



Saint Joseph Parenting Center (SJPC) Summary of Significant Changes – FY 2026–27

In FY 2026–27, SJPC implemented targeted operational changes to stabilize services and rebuild capacity following the loss of a \$666,273 federal award in late 2025. These adjustments prioritize maintaining core programming while positioning the organization for sustainable growth.

Staffing & Structural Changes

- Danbury: Restored a part-time Case Manager and has continued to offer the General Parenting Program (GPP). The center will expand to new GPP referrals and launch The Women’s Circle in May, rebuilding services sustainably as funding is secured.
- Stamford: Case management capacity remains intact, with services shifted to a lighter-touch model prioritizing class engagement and community referrals to maximize reach. All parenting programs continue to be offered.
- Bridgeport: Continued expansion of the General Parenting Program and Dads Are the Difference, with The Women’s Circle launching in late Spring 2026.
- Finance: A new part-time Director of Finance was onboarded in January 2026, strengthening fiscal oversight while reducing costs.

Programmatic Changes

Core programs (GPP, DADs, Women’s Circle) remain in place. Services are prioritized for highest-need families, with Danbury resuming growth.

Capital Expenses

SJPC has no capital expense requests for FY 2026–27.

Rationale & Strategic Direction

These changes are driven by the need to respond to significant funding loss while maintaining critical prevention services for families at risk of child abuse and neglect. SJPC is actively pursuing diversified funding streams to restore full staffing capacity and expand services across all sites.

With a cost of approximately \$3,000 per family—significantly lower than the cost of child welfare intervention—SJPC remains a cost-effective, community-based solution that strengthens families and improves outcomes for children.



Saint Joseph Parenting Center (SJPC)

New or Expanded Services or Programs (FY 2026–27)

SJPC is expanding General Parenting Program (GPP) referrals in Danbury following the restoration of a part-time Case Manager. The organization will also launch The Women’s Circle in Danbury in May 2026 to expand trauma-informed support for mothers. In addition, The Women’s Circle will continue to expand in Bridgeport, strengthening service offerings across sites. Dads Are the Difference (DADs) will continue to be delivered in both Stamford and Bridgeport, maintaining strong fatherhood engagement.

Abandoned or Curtailed Services or Programs (FY 2026–27)

Service capacity in Danbury was reduced in early FY 2026 due to the loss of federal funding, resulting in paused referrals and limited case management; these services are now being gradually restored. In Stamford, the case management model has been modified to a lighter-touch approach that prioritizes class engagement and community referrals in order to maximize reach.

Key Challenges or Changes Expected (FY 2026–27)

SJPC anticipates ongoing challenges in sustaining and rebuilding staffing capacity, particularly in Danbury, as new funding is secured. Demand for services is expected to increase among high-need families experiencing economic instability, stress, and limited access to supports. The organization is also focused on diversifying funding streams to reduce reliance on federal funding and ensure long-term stability. At the same time, SJPC must maintain strong service quality and outcomes while operating within a leaner staffing model.

Highlights, Efficiencies, and Service Improvements (FY 2025–26)

In FY 2025–26, SJPC served 397 families and achieved strong, measurable outcomes, with approximately 80% of participants improving protective factors. The organization maintained full program delivery despite significant funding loss and strengthened its data tracking and outcome measurement systems. Operationally, SJPC increased staff efficiency and cross-site collaboration while continuing to provide bilingual services to meet the needs of the community.