

For Parents & Families:

Growing Together



Understanding Parenting Stress & Family Transitions

Parenting is both meaningful and demanding. Family life involves constant change—children growing, roles shifting, and relationships evolving.

When families experience divorce, loss, relocation, or behavioral challenges, stress can build over time and impact everyone's well-being.

It's normal to feel overwhelmed, guilty, or unsure at times. Seeking support helps you strengthen your family's foundation and model resilience for your children.

Family & Child Therapy Resources

If your family is facing ongoing stress, therapy or parent support can make a difference. You can always ask a school counselor, pediatrician, or clergy member for help connecting to services.

Many local counseling centers, behavioral health clinics, and private practices in Champaign-Urbana offer family therapy, play therapy, and parenting support. Sessions can help strengthen communication, reduce conflict, and build emotional resilience.

When You're in Crisis

In a life-threatening emergency, call 911. First responders are trained to assist in mental health crises and connect you to care.

Crisis Hotlines:

- National Suicide & Crisis Lifeline: Call or text 988
- Illinois Child Abuse Hotline: Call or text 1-800-252-2873
- Illinois Domestic Violence Hotline: Call 1-877-863-6338 or text START to 678678
- Crisis Nursery (Urbana): Call 217-337-2730 for emergency care and short term family support
- Shalom Task Force – 888-883-2323 (confidential Jewish hotline)

Parenting and Early Childhood Programs

Parenting is easier with community. Local programs—such as those offered through the YMCA, park districts, or library systems—help families connect, learn, and grow together.

Examples include:

- Parent meetups and early learning centers
- Peer-led parenting groups and family workshops
- Jewish community programs that integrate tradition and values into family life

Check out chambanamoms.com for local and family-friendly activities!

Managing Transitions: Divorce, Loss, or Relocation

Life changes affect the whole family. Children often show stress through behavior, sleep, or mood changes.

Tips:

- Keep routines consistent; predictability builds safety.
- Encourage open conversations.
- Seek counseling or family therapy to navigate changes together.
- Ask about local support groups for grief, divorce, or blended families.

Jewish Family Life at Home

Jewish tradition views the home as the first classroom of love and values. Simple rituals like lighting candles, telling family stories, or sharing Shabbat blessings create stability, belonging, and meaning for children.

These moments nurture identity, gratitude, and emotional strength. Explore PJ Library for free Jewish children's books and family activities that help bring tradition to life at home.

www.cujf.org/pjlibrary

**Every stage of family life holds meaning;
every challenge is a chance to grow together.**