

Our Mission

...is to prevent child abuse and neglect. This is accomplished by providing education, counseling, and supportive services to families, caregivers, and agencies in southwestern Pennsylvania. Our programs are solution focused, strength based and family centered.

At the **Parental Stress Center** we know that the family bond is powerful. Whenever possible, families should be supported and strengthened, so they can effectively raise their children.

In the pursuit of our mission, we are guided by the fundamental belief in the power of the family.



**PARENTAL STRESS
CENTER, INC.**

Believing in the Power of the Family

**...an organization that
nurtures and
strengthens families.**

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**PARENTAL
STRESS CENTER**



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Believing in the Power of the Family

PSC Family Center

Parental Stress Center is housed in a multi-faceted 73,000 square foot community center that is open 6 days a week.

The Center provides rental space to:

- Family Guidance, Inc.
- Housing Alliance of PA
- Juvenile Court Hearing Office
- Greater Pittsburgh Literacy Center
- Youth Enrichment Services

PSC provides free admission to seasonal family centered activities.

PSC provides a “virtual” family center with classrooms, social & recreational spaces for community members at an accessible location.

Youth In Service

A United Way funded after-school program for kids between 9 -18.

Diverse activities include academics, computer literacy, tutoring, arts and hot meals.

Youth participate in volunteer activities at the Center and in the local community to build leadership skills.

PROGRAMS

Provides services to families who are in severe stress due to economic, health, social or environmental conditions and have not found other resources to effectively address their challenges.

Family Unification Services

Families learn how to improve parenting communication skills and life skills. Through counseling and support, they are empowered to access needed resources.

Visitation for CYF Referrals

Family visitation specialists provide transportation and supervised visits for birth parents and their children when the children are placed outside the home.

Visitation for Court Referrals

Visitation services provided to separated/divorced families who are been able to arrange visits due to ongoing family con-

Economic Empowerment Initiative

Empowers families and youth to achieve economic independence and self-sufficiency through financial skills, advocacy and access to resources.

FAMILY ACTIVITIES

A continuum of special events and activities focus on seasonal family issues and are offered to PSC participants and members in the community. Find out more about these activities at www.PSCFamily.net.

- Families Reading Together
- Family Thanksgiving Dinner
- Community Concerts
- Financial Literacy Classes
- Income Tax Return Assistance
- Let's Celebrate—A Holiday Event



OUR HISTORY

Parental Stress Center (PSC) was founded in 1975 by Allegheny County Children and Youth Services, Children's Hospital and The Children's Home of Pittsburgh. In 1982, the organization was incorporated as an independent, community based not-for-profit agency.