

STRENGTHENING FAMILIES PROGRAM (for families with youth age 10-14)
 7 Week Session Starting Thursday March 1st



****PRE-REGISTRATION REQUIRED | OFFERED IN BOTH ENGLISH AND SPANISH****

Strengthening Families is a program designed to:

- * Give youth increased appreciation of their parents/care givers.
- * Teach youth skills for dealing with stress and peer pressure.
- * Help parents/caregivers learn nurturing skills that support their children.
- * Teach parents/caregivers how to effectively discipline and guide their youth.
- * Give youth a healthy future orientation.

WHAT YOU GET: 7 sessions of an evidence-based family program to strengthen family bonds, increase parenting skills, and prevent high risk youth behavior, childcare for children under 10, and a meal is included with this program for each session.

WHAT YOU PAY: Nothing! This program is offered at no cost through a grant.

PROGRAM DESIGN

5:30 PM- 6:00 PM: Families eat a meal together- the meal is provided.

6:00 PM-7:00 PM: Youth and Parent Sessions-Families are separated into Parent Group and Youth Group. This is the time when daycare is provided for any children present younger than 10. Each group (youth and parent) have their own facilitators and work on separate topics.

7:00 PM-8:00 PM: Family Session- the families come back together (younger children remain with childcare provider) to work on a family topic with all the facilitators present.

	Parent Sessions	Youth Sessions	Family Sessions
1	Love and Limits	Having Goals and Dreams	Supporting Goals and Dreams
2	Making House Rules	Appreciating Parents	Appreciating Family Members
3	Encouraging Good Behavior	Dealing with Stress	Using Family Meetings
4	Using Consequences	Following Rules	Understanding Family Values
5	Building Bridges	Dealing with Peer Pressure	Building Family Communication
6	Protecting against Substance Abuse	Peer Pressure and Good Friends	Families and Peer Pressure
7	Getting Help for Special Family Needs	Reaching Out to Others	Putting it All Together

Please feel free to contact me to register or for more information!

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