

# – STRENGTHENING FAMILIES –

improves family relationships



**STRENGTHENING FAMILIES IS A PARENT, CHILD AND FAMILY SKILLS-BUILDING CURRICULUM** designed to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems. The Strengthening Families Program builds on protective factors by improving family relationships, parenting skills, and improving social and life skills for youth.

For more information contact **prevention**  
**WORKS**

611 Whitcomb, Suite A • Kalamazoo, MI 49008  
269.388.4200 • Fax: 269.388.2070 • [prevention-works.org](http://prevention-works.org)

**GIVING PEOPLE TOOLS TO MAKE HEALTHY DECISIONS**

# — STRENGTHENING FAMILIES —

## STRENGTHENING FAMILIES DETAILS

The following can be adapted to fit different groups.

### FOR FAMILIES

- Parents, Caregivers and their youth (ages 10-14)
- 7 Session Program
- Designed for evening and weekend hours

### LESSON TOPICS\*

#### Parents and Caregivers

- Love and Limits
- Making House Rules
- Encouraging Good Behavior
- Using Consequences
- Building Bridges
- Protecting Against Substance Abuse
- Getting Help for Specific Family Needs

#### Youth

- Goals and Dreams
- Appreciating Parents
- Dealing with Stress
- Following Rules
- Dealing with Peer Pressure
- Peer Pressure and Good Friends
- Reaching Out to Others

\* Lesson topics for the family mirror parent, caregivers and youth learning each session.

## SPECIAL FEATURES

- This free program includes a meal to encourage family meal time, transportation (upon request) and raffle prizes for adults and youth at every program session.
- The whole family is invited to attend every program, regardless of age. Activities and supervision will be provided for youth outside of the program age range.
- Strengthening Families is recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-Based Programs and Practices.

# – STRENGTHENING FAMILIES –

improves family relationships



**STRENGTHENING FAMILIES IS A PARENT, CHILD AND FAMILY SKILLS-BUILDING CURRICULUM** designed to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems. The Strengthening Families Program builds on protective factors by improving family relationships, parenting skills, and improving social and life skills for youth.

For more information contact **prevention**  
**WORKS**

611 Whitcomb, Suite A • Kalamazoo, MI 49008  
269.388.4200 • Fax: 269.388.2070 • [prevention-works.org](http://prevention-works.org)

**GIVING PEOPLE TOOLS TO MAKE HEALTHY DECISIONS**

# — STRENGTHENING FAMILIES —

## STRENGTHENING FAMILIES DETAILS

The following can be adapted to fit different groups.

### FOR FAMILIES

- Parents, Caregivers and their youth (ages 10-14)
- 7 Session Program
- Designed for evening and weekend hours

### LESSON TOPICS\*

#### Parents and Caregivers

- Love and Limits
- Making House Rules
- Encouraging Good Behavior
- Using Consequences
- Building Bridges
- Protecting Against Substance Abuse
- Getting Help for Specific Family Needs

#### Youth

- Goals and Dreams
- Appreciating Parents
- Dealing with Stress
- Following Rules
- Dealing with Peer Pressure
- Peer Pressure and Good Friends
- Reaching Out to Others

\* Lesson topics for the family mirror parent, caregivers and youth learning each session.

## SPECIAL FEATURES

- This free program includes a meal to encourage family meal time, transportation (upon request) and raffle prizes for adults and youth at every program session.
- The whole family is invited to attend every program, regardless of age. Activities and supervision will be provided for youth outside of the program age range.
- Strengthening Families is recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-Based Programs and Practices.