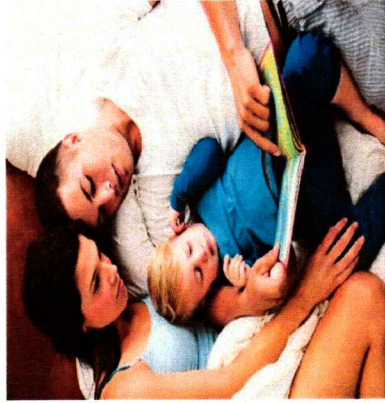


TESTIMONIALS

“Strengthening Families has helped me stop yelling.” “Now I listen to my kids. They are also listening to me now thanks to the Strengthening Families Program.”



Maria lives in a housing project in Denver where the Strengthening Families Program is being run in Spanish. She loves the program because it is just in the next building, dinner is provided, and the kids enjoy all the activities. The group leaders tell her that she still needs to be the parent in making the decisions, rather than her children trying to run the family.

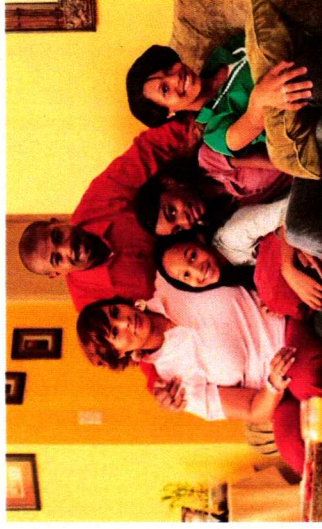
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In Dauphin County
Strengthening Families is
facilitated by Life Esteem in
conjunction with Dauphin
County Drug and Alcohol
Services.

For more information please
contact Pat Gadsden of Life
Esteem at 717.608.2302 or by
e-mail at pgadsden@aol.com



STRENGTHENING FAMILIES PROGRAM



The Strengthening Families Program (SFP) is an educational program found to significantly improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and to improve social competencies/ school performance.

AGENDA

Classes: Strengthening Families

Focus: *Parents with children ages 6 through 11 years.*

Class Description: The Strengthening Families program is designed to:

1. Decrease alcohol, tobacco, and other drug use, and discourage intentions to use.
2. Decrease emotional, behavioral and social problems in school.
3. Improve communication and academic skills.
4. Improve parenting skills and the family environment.
5. Increase children's ability to cope.

6. Provide information to parents about alternative ways to increase positive interactions with their children.

Program begins with family dinner, then 1 1/2 hour of separate sessions for kids & adults. Child care is provided for younger children.

Agenda Ages 6-11

1. Introduction and Group Building
2. What Kids Can Do & How to Manage Stress
3. Rewards
4. Goals and Objectives
5. Notice and Ignoring
6. Communication I: Better Relationships
7. Communication II; Family Meetings
8. Alcohol, Tobacco, Drugs and Families
9. Problem Solving and Giving Directions

10. Setting Limits I: Behavior You Can't Ignore

11. Setting Limits II: Practice Setting Limits

12. Setting Limits III: Solving Behavior Programs

13. Building and Using Behavior Programs

14. Getting and Keeping More Good Behavior Graduation

