



Substance Abuse Council

A Drug Prevention Coalition Serving Calhoun County

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FOR IMMEDIATE RELEASE

For more information, contact Suzanne Horsfall at 968-4699 or 209-0396

Strengthening Families Program offered to community at NHBP Indian Reservation

Busy schedules, increasing responsibilities, and changing family structure often make it difficult for families today to spend time together. However, spending time together is one way to strengthen families. The Strengthening Families Program is a 7-week program designed to bring parents together with their 10 – 14 year old youth. Bringing youth and their parents together has been particularly effective in building skills and changing behavior. The Strengthening Families Program will be offered at the **Nottawaseppi Huron Band of Potawatomi Indian Reservation** every Monday for seven weeks from 5:30 – 8:00pm starting February 16. During the program, parents and youth attend separate skill-building sessions for the first hour and spend the second hour together as a family doing fun activities and projects. Parent sessions include viewing and discussing videotapes, which portray negative and positive interactions with youth, skill-building activities and group support. Youth sessions include game-like learning activities, discussions and skill-building activities and the family session include parent-youth discussions, games, projects, skill-building practice and videotape viewing. A catered dinner will be provided. This program is offered free of charge. Call Heather Vought at 269-968-4699 to sign up or for more information. *Explore your dreams and goals – TOGETHER.*

For more information, please visit our website at www.drugfreebc.org

The Substance Abuse Council partners with United Way of Greater Battle Creek to solve community problems. United Way of Greater Battle Creek's mission is to mobilize the caring power of our community to measurably improve lives. For more information, visit United Way's office at 34 W. Jackson St., Ste. 4B, Battle Creek MI, 49017; call (269) 962-9538; email info@uwgbc.org; or visit the web site at www.uwgbc.org.