

Building Strong Families Together

Strengthening Families Program

*A program for youth ages 10-14 and their
parents/caregivers*

WHO:

Parents or caregivers and their youth 10-14

WHAT:

A Parent, Youth and Family Skills - Building Curriculum Designed To:

- Prevent teen substance abuse and other behavior problems
- Strengthen parenting skills
- Build family strengths

PROGRAM FORMAT:

- 7 sessions plus 4 boosters
- Each session is 2 hours in length
- Parents & youth meet separately first then come together in the second hour for the family session
- Families practice skills, play games and do family projects

EACH SESSION CONTAIN A VARIETY OF ACTIVITIES:

- Parent sessions include viewing & discussing videotapes, which portray negative and positive interactions with youth, skill-building activities and group support.
- Youth sessions include hands-on learning activities, discussions and skill-building activities.
- Family sessions include parent-youth discussions, activities, projects, skill-building practice and videotape viewing.

