

# Family Strengthening



## COMMON SENSE PARENTING

6 Sessions / 2 hour classes. A practical approach to help parents be more positive with their children and to use more effective discipline. Parents are taught skills that focus on how to encourage positive behavior, discourage negative behavior, and alternatives to problem behavior.

## LIFE SKILLS TRAINING FOR HIGH SCHOOL YOUNG ADULTS

Seven units / 10 lessons (45 minute sessions). Developed by Dr. Gilbert J. Botvin (leading prevention expert) and designed for grades 9 – 10. Evidence-based curriculum proven to reduce risky behavior among youth and provide essential skills for a successful life.

## LOVING SOLUTIONS FOR TOUGH KIDS PARENT PROJECT, Jr.

6 Sessions / 3 hour classes. This program is designed for parents raising difficult 5-10 year old children. With special application for parents of ADD/ADHD children, it offers parents a concrete framework for working with highly emotional, impulsive and ADHD younger children.

## “MAKING PROUD CHOICES”

8 Session program designed for youth ages 13 – 16 years of age. Provides young adolescents with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted diseases (STDs), HIV, and pregnancy. Based on cognitive behavioral theories, focus groups, and the facilitator’s extensive experience working with youth.

## 7 HABITS OF HIGHLY EFFECTIVE FAMILIES

4 Sessions / 2 hour classes. Guide written and produced by Dr. John M.R. Covey. Parents learn how to turn information into valuable habits.

## CHANGING DESTRUCTIVE ADOLESCENT BEHAVIOR PARENT PROJECT, Sr.

10 Sessions / 3 hour classes. A comprehensive, award-winning model for community based programs serving families with strong-willed or out of control youth. This program offers step by step, no nonsense solutions for changing destructive adolescent behaviors. A built in support group component offers parents emotional and practical support as they make difficult changes at home.

### For More Information Contact:

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