



Strengthening Families



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WHO CAN PARTICIPATE?

- Unique 14 week program for parents to participate with their children aged 6-11 years to help promote a positive family climate.

HOW DOES IT WORK?

- Family meal together, then parents and children split into separate, facilitator-led interactive sessions, and then reunite for family building time together.

HOW WILL THIS HELP MY FAMILY?

- Proven to build stronger relationships between parents and their children, as well as helping children build resiliency skills to peer pressure and drug use.

WHAT WILL WE LEARN?

- Support child's developmental stages.
- Decrease parental stress.

Children learn through fun activities to:

- Increase their communication, and problem solving skills.
- To resist anti-social behavior, and the use of alcohol and drugs.

Families learn to improve relations through:

- Skills to improve family communication, family organization and planning.

and more!

For more information contact:

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