

# STRENGTHENING Families Program

## ✿ About Strengthening Families

Strengthening Families is a science-based model program which

- ◆ Enhances parenting skills
- ◆ Builds family strength
- ◆ Develops skills to prevent youth substance abuse and other problems

This program is **perfect for families** with children between the ages of **11 and 16 years old**.



## ✿ Objectives

**Overall** - Prepare for the teen years, avoid problems with drugs and alcohol and strengthen family communication.

**Parents** - Discuss what youth this age are like, make rules and consequences, learn how to solve problems with youth, and learn new ways to show love and support.

**Youth** - Learn to handle frustration, resist peer pressure, appreciate parent/caregivers and how to get along with others.

**Families** - Discuss what makes families strong, solve problems together, bond through activities.

## ✿ Format

- 5:30 – 6:00 pm:** Families & facilitators sit together for a free, hot dinner at the program site (provided by Omni Youth Programs) for unstructured interaction and transition time.
- 6:00 – 7:00 pm:** Separate parent, sibling and youth sessions.
- 7:00 – 8:00 pm:** Family session with parents and youth together. Childcare separate.
- 8:00 – 8:30 pm:** Facilitators remain to talk individually with families as needed and make referrals.

Free Program

Free Dinner

Great Incentives

## ✿ More Information and to Enroll



Contact Omni Youth Programs

916.362.2000

[www.omniyouth.net](http://www.omniyouth.net)

**NOTE:** If enrolling into the program, be sure to indicate the Strengthening Families Program at Swanston Community Center

All classes are once per week and held at the  
**Swanston Community Center**  
**2350 Northrop Avenue, Sacramento**  
**5:30-8:30pm**  
**Thursdays, October 17 (7 Sessions)**  
**Thursdays, January 23, 2014**  
**(4 Booster Sessions)**

## ✿ Weekly Topics

**Parents:** Love and Limits, Making House Rules, Encouraging Good Behavior, Using Consequences, Building Bridges, Protecting Against Substance Abuse, Getting Help for Special Family Needs

**Youth:** Having Goals & Dreams, Appreciating Parents, Dealing with Stress, Following Rules, Dealing with Peer Pressure, Peer Pressure and Good Friends, Reaching Out to Others

**Family:** Supporting Goals & Dreams, Appreciating Family Members, Using Family Meeting Understanding family values, Building Family Communication, Families and Peer Pressure, Putting it all Together