

7 Week Session Starting Wednesday, January 13-February 24, 2010

5:15 p.m. to 8:00p.m.

Including Dinner



Families come in all shapes and sizes. There are big families, small families, and families in between. Some families are on the cusps of emerging adolescence. Some of these families have established clear family rules, and some are trying to work them out. Parents and caregivers worry about their children. They worry about peer pressure, school grades and protecting their children against substance abuse. Kids worry. They worry about being loved, supported, accepted by peers, and what their future holds. Some families are good communicators and have understandable family values. Some families struggle with putting the pieces together. What shape is your family in?

STRENGTHENING *families* **PROGRAM**

For Parents and Youth 10-14



Community Health Resources working collaboratively with Enfield Youth Services and funded by CT Department of Child and Families.

The Strengthening Families Program is based in the Thompsonville section of Enfield, CT. It is for families who have children between the ages of 10 and 14 who want to get in shape before the adolescent years take their toll on the family structure. The program provides opportunities for the entire family to gather for a 7 week program which includes a weekly dinner, concurrent group sessions for parents and youth age 10 to 14, babysitting for the younger siblings, and family sessions. In addition, families will have the opportunity to participate in booster sessions and recreational/enrichment activities that are planned for and by the youth and their parents throughout the year.

JOIN US FOR AN ORIENTATION AND INFORMATIONAL SESSION

Wednesday, January 6, 2009, 5:15-6:15 p.m.

Lamanga AngeloCtr. 19 N Main ST., Enfield

A Sampling of Program Content:

Parent/Caregiver Sessions

Using Love and Limits
Making House Rules
Encouraging Good Behavior
Using Consequences
Protecting Against Substance Abuse
Using Community Resources
How to Help with Peer Pressure

Youth Sessions

Having Dreams and Goals
Appreciating Parents
Dealing with Stress
Following Rules
Handling Peer Pressure
Making Good Friends
Handling Conflict

If you or a family you know could benefit from this exciting program please contact the Program Director at CHR/North Central Counseling Services:

Diana Thibodeau 860/253-5020 ext 139 Rosalind Swift 860/253-5020 ext 164

Pizza, Games, and Prizes, on Orientation Night

Strengthen Families - Strengthen Communities