



# THE CENTER

FOR ALCOHOL AND DRUG RESOURCES

A Program of Children's Aid and Family Services

## *Strengthening Families Program*

### What is Strengthening Families?

The Strengthening Families Program for parents and youth is delivered over seven or fourteen weeks in parent, youth, and family sessions that are highly interactive and include role-playing, discussions, learning games, and family projects. This family skills program is designed to delay the onset of alcohol, tobacco, and other drug use, increase resistance to peer pressure, and improve parent management skills.

### How Does the Program Work?

Each session families meet for 2.5 hours. The program starts with a free family dinner before the evening session and includes babysitting for any younger siblings. During the first hour of each session, parents and youth meet separately with facilitators to work on specific skills. During the second hour they come back together for fun activities designed to engage the whole family. Families that graduate receive a \$100 Visa Gift Card.

<b>For families with youth 6-11</b> <b>(14 weeks)</b>	<b>For families with youth 10-14</b> <b>(7 weeks)</b>
<p style="text-align: center;"><u>Parent Topics:</u></p> <ul style="list-style-type: none"> <li>• What Kids Can Do &amp; How to Manage Stress</li> <li>• Rewards</li> <li>• Goals and Objectives</li> <li>• Noticing and Ignoring</li> <li>• Communication</li> <li>• Alcohol, Tobacco, Drugs and Families</li> <li>• Solving Problems and Giving Directions</li> <li>• Setting Limits</li> <li>• Building and Using Behavior Programs</li> <li>• Keeping Good Behavior</li> </ul> <p style="text-align: center;"><u>Youth Topics</u></p> <ul style="list-style-type: none"> <li>• Listening and Speaking</li> <li>• Rewarding Good Behavior</li> <li>• Saying "NO" to Stay Out of Trouble</li> <li>• Communication</li> <li>• Alcohol, Tobacco, Drugs and Kids</li> <li>• Problem Solving</li> <li>• Recognizing Feelings</li> <li>• Dealing with Criticism</li> <li>• Coping with Anger</li> </ul>	<p style="text-align: center;"><u>Parent Topics</u></p> <ul style="list-style-type: none"> <li>• Love and Limits</li> <li>• Making House Rules</li> <li>• Encouraging Good Behavior</li> <li>• Using Consequences</li> <li>• Building Bridges</li> <li>• Protecting against Substance Abuse</li> <li>• Getting Help for Special Family Needs</li> </ul> <p style="text-align: center;"><u>Youth Topics</u></p> <ul style="list-style-type: none"> <li>• Having goals and Dreams</li> <li>• Appreciating Parents</li> <li>• Dealing with Stress</li> <li>• Following Rules</li> <li>• Dealing with Peer Pressure</li> <li>• Peer Pressures and Good Friends</li> <li>• Reaching out to others</li> </ul>

### Program Locations\*

- Garfield
- Lodi
- Paterson
- Fair Lawn
- Englewood
- Hackensack
- Lyndhurst

\*Locations subject to change

For more information contact Chanel Dupree at (201) 740-7069.