



ATLANTIC PREVENTION RESOURCES | Providing Prevention, Treatment & Personal Recovery Support

Strengthening Families Program

(8 sessions)

The Strengthening Families Program is a parent, youth, and family skills-building curriculum designed to prevent future teen substance abuse and other behavior problems, strengthen parenting skills, and build family strengths. The program is presented weekly in a **Zoom** meeting format, with a separate meeting time for youth and parents. Family activities and incentives will be intermittently delivered to your home.

Space is limited! Registration is first come first served.

For Families with a child or children ages 9-14

The program will be done from the comfort of your own home.

A night off from cooking!

Gift cards from local pizzerias will be provided to you.

Additionally, up to \$150 in gift cards/prizes for participation and completion.

Sessions will be held once a week on Tuesdays for 2 hours

Youth Sessions

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

Parent Sessions

Using Love and Limits
Making House Rules
Encouraging Good Behavior
Using Consequences
Building Bridges
Protecting Against Substance Abuse
Using Community Resources
Handling Stress
Communicating When You Don't Agree

Family Sessions

Supporting Goals and Dreams
Appreciating Family Members
Using Family Meetings
Understanding Family Values
Building Family Communication
Reaching Our Goals
Understanding Each Other
Understanding Family Rules
Using Family Strengths

Begins: Tuesday 6/16/2020 **Virtually via Zoom at:**

4:30-5:30pm for youth, 5:30-6:30 for parents

Continuing on: 6/23, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4

*For more information, or to sign up, please call
Atlantic Prevention Resources, 609-233-3248, Lisa Catalano or email:*

Lcatalano@atlprev.org

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