



Weekly schedule

- 5:30-6 PM - DINNER FOR THE WHOLE FAMILY
- 6:00-7:00 - YOUTH & PARENT SESSIONS
- 7:00-8:00 - FAMILY SESSION/CLOSING

Youth Sessions

- Week 1: Having Goals and Dreams
- Week 2: Appreciating Parents
- Week 3: Dealing with Stress
- Week 4: Following Rules
- Week 5: Dealing with Peer Pressure
- Week 6: Peer Pressure and Good Friends
- Week 7: Reaching Out



Parent/Caregiver Sessions

- Week 1: Practicing Love and Limits
- Week 2: Making House Rules
- Week 3: Encouraging Good Behavior
- Week 4: Using Consequences
- Week 5: Building Bridges
- Week 6: Protecting Against Substance Use
- Week 7: Accessing Community Resources



Family Session activities include: supporting goals and dreams, appreciating family members, understanding family values, using family meetings, building family connections, and reaching shared goals