

STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

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