



SOLANCO FAMILY LIFE NETWORK

STRENGTHENING FAMILIES PROGRAM:



Building Strong Kids:

- Wise
- Able to do well
- High Self-esteem
- Direction in Life
- Caring
- Strong Sense of Direction

Strong Kids Skills We Teach:

- Speaking and listening
- Planning & organizing
- Problem solving
- Able to say no to trouble
- Restoring self-esteem
- Identifying feelings, taking criticism
- Managing feelings, coping with anger

Strengthening Families Builds Strong Families:

- Stresses importance of one or more caring adults
- Encourages opportunities to help others
- Increases social skills for home and away
- Increases self-discipline
- Improves communication of expectations in many areas.
- Stresses parents/caregivers help kids with important life decisions

Strengthening Families Is Simple and Helpful:

- 3 Life Skills Courses:
Parents/Caregivers * Kid's/Teen's * Family Skills
- All three are taught at the same time, in one session a week for 7 weeks.
- Courses are more effective when all three are used together!
- AT NO COST TO YOUR FAMILY!

What Our Session Looks Like:

- Dinner - families sit together as families, with other families & Group Leaders
- 1st Class Period: Parents' Group and Child's/Teen's Group(s), *each* group has 2 leaders
- 2nd Class Period: families rejoin – in one large or two smaller Family Groups
- Baby-sitting & activities are available for children not part of a Child's or Teen's group.

Our Site: Safe and Welcoming:

- 3 separate spaces for program:
 - 1 large room for meals, Family group interactions
 - Area for baby-sitting
 - Smaller room for Parents Caregivers, & Kids'/Teens Courses
- Nice central location – our *Solanco High School Cafeteria*
- Group Size: up to 8 families.

Our Strong Group Leaders:

- Top Qualities for Group Leaders:
 - sincere desire to help families
 - personal skills: one-to-one and in group
 - understanding why and how Strengthening Families Program works

All About Our FALL 2017 Session:

- Our Sessions start on Tuesday, October 10th, 2017, at 5PM and will be over by 7:30 PM.
- Each Session will be 5-6PM - Family Dinner Time, 6-7PM – Caregivers and Kids Groups, 7-7:30 – Family Groups together!
- We will be finishing up the Program on Tuesday, November 21st, 2017, with a Graduation Celebration!
- Gas Cards will be given out 3 times over the 7 weeks, with weekly prizes!
- For each family that attend all 7 sessions, there will be special prizes.
- We are all local people who will continue to care about your family.
- Another Strengthening Families Program in SPRING 2018 to help families grow!

