

Strengthening Families Weekly Agenda

For families with children aged 10 to 14 years old.



*Meets weekly on a day to be determined
Program begins at 6:00pm
Dinner is from 6:00pm – 6:30pm
Breakout sessions for both Parents and Youth 6:30pm – 7:30pm
Family session from 7:30 – 8:30pm*



Session One

Parents: Love And Limits – Understanding Dangers For Teens
Youth: Having Goals And Dreams
Family: Supporting Goals And Dreams – Building Positive Relationships

Session Two

Parents: Making House Rules
Youth: Following Rules
Family: Appreciating Family Members

Session Three

Parents: Encouraging Good Behavior
Youth: Appreciating Parents
Family: Using Family Meeting

Session Four

Parents: Using Consequences
Youth: Dealing With Stress
Family: Understanding Family Values

Session Five

Parents: Building Bridges – Understanding The Value Of Listening
Youth: Dealing With Peer Pressure
Family: Building Family Communication

Session Six

Parents: Protecting Against Substance Abuse
Youth: Peer Pressure And Good Friends
Family: Families And Peer Pressure – Communicating Together About Problem Behaviors

Session Seven

Parents: Getting Help For Special Family Needs
Youth: Summary And Reaching Out To Others
Family: Putting It All Together / Graduation Celebration

**For more information, please contact Heather Ward,
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