

Strengthening Families 10-14 Program Schedule



- 5 p.m. Dinner and conversation
- 5:30 p.m. Family activity or announcements, children go to childcare, parents and youth separate
- 6 p.m. Separate parent and youth programs begin
- 7 p.m. Families meet together for sharing
- 7:45 p.m. Strengthening Families Creed, then dismiss

Wednesday Night Dates

October 8, 15, and 22 (not the 29th)
November 5, 12, and 19

Questions and Answers

- Q.** What if someone in our family is sick or cannot attend?
A. Please call Jefferson School at 683-4753 as soon as you know.
- Q.** Can I take home leftovers from our family dinner?
A. Yes! Please bring some containers each night and a cooler/ice pack to keep food safe to eat.
- Q.** Why the paparazzi?
A. Pictures are used to share with the families, or for marketing the program to other families. The photo release form allows us to take pictures. Please sign a photo release form for your family if allow us to take and use your picture.

October 8th

Parent Session: Understanding problems of teens
Balancing love and limits
Supporting youth's goals and dreams

Youth Session: Make group ground rules
Taking small steps to reach goals
Making treasure maps

October 15th

Parent Session: Understanding what youth this age are like
Making specific house rules
Using "I" statements

Youth Session: Understanding parent stress
Seeing things from a parent's point of view
Appreciating things parents do for youth

October 22nd

Parent Session: Giving compliments to reinforce good behaviors
Using a point chart
Building a positive relationship

Youth Session: Understanding things that can cause stress
Knowing symptoms of stress
Learning healthy ways to cope with stress

November 5th

Parent Session: Giving small chores
Taking away privileges
Saving big penalties for big problems

Youth Session: Learning that everyone has rules
Understanding that things go better when youth follow rules

November 12th

Parent Session: Avoiding harsh criticism
Listening for kids feelings
Meeting kids needs in positive ways

Youth Session: Understanding drugs and alcohol will keep youth from reaching goals.
Learning things to say to avoid peer pressure

November 19th

Parent Session: **Graduation night!**
Protecting against alcohol and drug use
Supporting kids in school, letter to youth

Youth Session: Learning more things to say to avoid peer pressure
Knowing who is a good friend, letter to parents