

## Who this program is for?

- Parents with children aged 6-12 years
- Families committed to making a change
- Full-time parents/caregivers
- Families who are concerned about
  - Family conflict
  - Children's behaviors
  - Children at risk of drug and alcohol use
  - Lack of support

Parents are welcome to invite a family support person to the program.

**For more information or to join the program contact:**

SFP@communitybridge.ca  
or (250)785-6021 Ext 265

www.communitybridge.ca

***Space is limited  
Pre-registration is required***

## Our Community Partners

- The Ministry for Children and Family Development
- Mental Health and Addictions
- SD #60
- Northern Health

## Program Dates

**February - May 2024  
(TBD)**

**Tuesdays 5:30 – 7:30pm**

The Strengthening Families Program is a powerful program for positive family change.

It involves not just the parents or children alone, but the whole family. It is an internationally recognized, best practice program.

*No cost to attend.*



**A multi-cultural family skills training program for parents and their children aged 6-12 yrs.**

**February - May 2024  
(TBD)**

**Tuesdays 5:30 – 7:30**



**COMMUNITY BRIDGE**  
*Strengthening people. Enriching lives.*

## SESSION TOPICS

### For Parents

- Using love and limits
- Encouraging good behaviour
- Using house rules
- Protecting against substance abuse

### For Children

- Appreciating parents
- Honoring house rules
- Handling peer pressure
- Following directions

### For Family

- Building positive family communication
- Understanding values
- Supporting goals and dreams



## Program Format

- Created for parents/caregivers and their children aged 6-12 years
- 14 weeks: (2 hour sessions) 5:30-7:30pm
- Healthy snacks provided
- Transportation available for participating families
- Child care provided for 0-5yrs
- Facilitated by 4 trained professionals
- Designed to assist parents and their children to build on their strengths
- Designed to assist families to grow and learn together



### Typical meeting includes:

- ½ hour Family snack
- 1 hour
  - Parent's group
  - Kid's group
- Last ½ hour
  - Family group

## Benefits

### To Community

- Improved pro-social behaviour in children
- Improved children's school grades
- Increase family bonding, communication and organization skills.
- Decrease problem drug use in youth

### To Children and Families

#### Parents Learn

- Effective discipline methods
- Ways to prevent alcohol and drug use of their children
- Ways to improve parenting and relationship skills
- How to set limits

#### Children learn

- Improved communication skills
- Appropriate social skills
- The importance of being successful in school
- How to make positive friends and resist negative peer pressure

