

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)**

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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

