



Strengthening Families for the Future is available in your community through a partnership of local agencies.

County of Wellington Social Services
 Family and Children's Services of
 Guelph and Wellington County
 Fergus Community Resource Centre
 Guelph Police Services
 Mount Forest Family Health Team
 Stonehenge Therapeutic Community
 Upper Grand Family Health Team
 Wellington County OPP
 Wellington-Guelph Drug Strategy
 Wellington-Guelph-Dufferin Public
 Health

The *Strengthening Families* program is for parents and caregivers and their children aged 7 to 11. The program includes individual sessions for parents and children, followed by a family session. The program is free for participants

- Child care is available on site for children under 7
- Free full dinner for participating families
- Transportation will be provided if necessary



This Project, in partnership with the Wellington County OPP and Guelph Police Service has been made possible by a grant from the Ministry of Community and Safety and Correctional Services.

**Programs beginning in September;
 Guelph**

September 21–December 21
 4:30pm—7:30pm

Mount Forest

September 22 -December 22
 4:30pm—7:30pm

Fergus

September 23–December 23
 4:30pm—7:30pm



For information, referrals, or to register for the program, please contact:

Mount Forest:

Jody Fleming
 Mount Forest Family Health Team
 519.323.0255 x5027

Guelph and Fergus:

Lindsay Klassen
 Wellington-Guelph Drug Strategy
 519-821-6638 x 350



Wellington-Guelph
 Drug Strategy Committee



Strengthening Families for the Future

A skills building program for families with children aged 7-11

Learning, Growing, and Sharing Together



About the *Strengthening Families for the Future* program

Strengthening Families

is an evidence based prevention and skill building program that can benefit any family.

The most important skill I learned was how to talk so kids will hear me.

- Strengthening Families participant

Strengthening Families is a powerful family change program because it involves the whole family, not just the parents and children alone. The goals of the program are to:

- Improve family communication
- Increase positive and effective parenting skills
- Increase children's resilience and life skills, including communication, resisting peer pressure, recognizing their feelings and solving problems.



Who Should Attend?

- Families who believe that they can commit to engaging fully in the program
- Parents who want to build upon their parenting skills
- Families who want to strengthen their communication and relationships with their children.

How does *Strengthening Families Work*?

Strengthening Families runs in 14 consecutive weekly sessions. Sessions last about 3 hours, and include a family meal.

Strengthening Families for the Future includes:

- **A parent session**
- **A child session**
- **A family session**



At the beginning of each session, parents and children meet together to share a meal. This is followed by separate one-hour sessions for parents and children. Finally, the families come back together for the family session, where they practice skills they learned in their separate sessions. The sessions are fun and are activity based.

The parent and child sessions are each led by two co-facilitators. All four facilitators are present for the family session.



What are the results?

What I liked best about the program was having the kids learning the same material as the parents.

- Strengthening Families participant

The program has undergone extensive evaluation with very positive results for parents and children.



During the 14 week program, families learn skills in parenting and family life, communication, problem solving, anger management and other areas of family functioning.

Children who have participated in the program have said they:

- *enjoyed the group*
- *felt heard and supported*
- *made new friends*
- *felt communication had improved in the home*
- *did more together as a family*

The biggest pay-off is the new and renewed appreciation that parents have for their children, and, as a result, the beaming faces of the children. It is a program that builds the foundation for a healthier future for families.

*- Diane Buhler, Executive Director,
Parent Action on Drugs*