

Family Skills Training

The Strengthening Families Program (SFP) is a 14 week behavioral and cognitive skills family training program designed to increase resilience and reduce risk factors for substance abuse, depression, violence, aggression, delinquency, and school failure in high-risk families and their children between the ages of six and 12. Families are encouraged to attend with extended family members and/or child care providers.

Weekly incentives are provided to each family for attendance, positive participation, & homework completion.



A fantastic graduation celebration for successful completion of the program is also provided.

Great family meals are provided before each session, transportation is available as needed, however prior, & childcare reduce barriers to participation.

Hour One: The evening begins with families enjoying a warm homemade meal. This allows them the opportunity to sit together and practice some of the new skills they are learning weekly in a supportive environment.

Hour Two: Parents & children participate in separate one hour classes, led by two trained co-leaders.

Parents learn to increase desired behaviors in their children by using attention & rewards, clear communication, effective discipline, substance use prevention education, problem solving, & limit setting.

Children learn effective communication, understanding feelings, coping with anger & criticism, stress management, social skills, problem solving, resisting peer



pressure, consequences of substance use, & compliance with parental rules.

Hour Three: Families practice structured activities, therapeutic child play, family meetings, communication skills, effective discipline, reinforcing positive behaviors & planning family activities together.



Families learn to play together

SFP in Brief:

Each weekly three-hour session includes:

- ◆ Parent, child & family skill training & building opportunities
- ◆ Child care is available
- ◆ Dinner provided for each session
- ◆ Transportation provided if needed
- ◆ Prizes & surprises for attending & doing your home practice
- ◆ A fantastic graduation program upon successful completion
- ◆ Interactive family time during each session
- ◆ Contact your worker, counselor or Elizabeth Husbands 775-4858 for more information or to register.

Our Collaborative Partners

Behavior Health Programs

Ziibiwing Cultural Center

Ngodewaangiziwin Tribal Social Services

Nimkee Public Health Department

Seventh Generation

Tribal Court

BEHAVIORAL HEALTH PROGRAMS

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Strengthening Families Program

