

About Strengthening Families Program

The Strengthening Families Program is an evidence-based prevention & learning program. Parents or caregivers and their child(ren) have the opportunity to build life skills, parenting skills, and training to strengthen parenting and family functioning.

Parents make all the difference!

As children age, it is important to build trust with them and keep the lines of communication open. Having open communication and a good relationship sets the tone that if they feel increased pressure to experiment with smoking, drinking, and using drugs they can feel comfortable talking about it with you.



MHACG

MHA of Columbia-Greene

Your bridge to wellbeing

Get in Touch



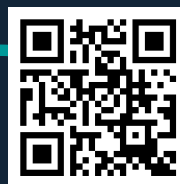
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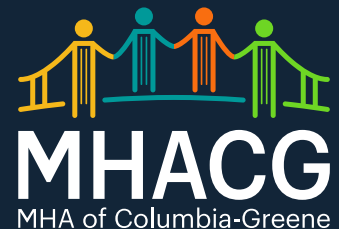
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Strengthening Families Program

A program for a fun, interactive class to learn life skills and building family relationships.



About the Family Classes

Courses are taught together in a 7 or 14 week group session. Each session begins with a free family dinner that includes informal family practice time and coaching.

Following dinner, parents and children have a 1-hour breakout class followed by a 1-hour family class.

Groups are divided by the child's age:

- » Birth - 3 years
- » 3 - 5 years
- » 6 - 11 years
- » 10 - 14 years
- » 12 - 16 years



Outcomes for Parents - Benefits

The Strengthening Families Program uses proven training and evaluation tools that are effective in reducing multiple risk factors for later alcohol and drug abuse, mental health problems, and delinquency. Participants have reported:

- » Increased family bonding
- » Increased parental involvement
- » Increased positive parenting skills
- » Increased positive communication
- » Decreased family conflict
- » Setting constructive limitations
- » Effective ways to improve child's behavior
- » Better understanding of the negative impact of substance abuse on family relationships

Outcomes for Children - Benefits

Strong families avoid many adverse outcomes as the child develops, such as substance use, teen pregnancy, school failure, aggression, and delinquency. Children participating have seen:

- » Decreased depression
- » Decreased aggression
- » Increased cooperation
- » Increased number of pro-social friends
- » Increased social competencies
- » Increased school grades
- » Increased resistance to peer pressure
- » Better understanding of their feelings

Interested in receiving Family Support Services?
Send us an email to learn more: childrenandfamilies@mhacg.org