



The *Strengthening Families* program is for parents and caregivers with children from 7 to 11. The activities include individual games/sessions for parents and children, followed by a family game/ session.

- ♦ Dinner is provided so you don't have to cook! You only need to get the family there on time.
- ♦ Need help getting there? Assistance is available.
- ♦ Child care on site for siblings under 7

Strengthening Families for the Future is made possible as a result of funding from the Wellington County OPP, and is delivered in partnership with:

- Canadian Mental Health Association Waterloo Wellington
- Homewood Health Centre
- Upper Grand District School Board
- Wellington-Guelph-Dufferin Public Health
- Mount Forest Family Health Team
- Community Resource Centre
- Guelph CHC
- Guelph Wellington Women In Crisis
- County of Wellington Social Services
- Family and Children's Services
- Stonehenge Therapeutic Community

The next program begins soon!

Meeting once a week

from 5-7:30pm

For information or to be added to our contact list, call or email :



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Strengthening Families
Coordinator
(CMHA WW)
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Information is also posted regularly on our Facebook Page.

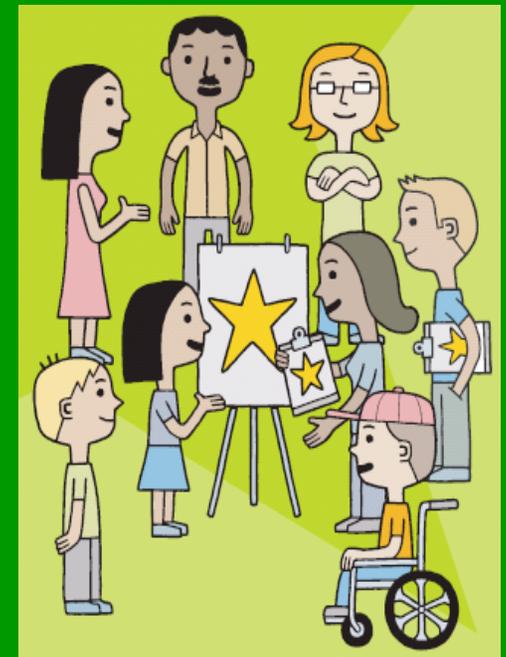
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Strengthening Families for the Future

A fun family program for families with children aged 7-11

Learning, Growing, and Sharing Together



About the *Strengthening Families for the Future* program

Strengthening Families is a FUN night out and can benefit any family.

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

Strengthening Families is the perfect program because it involves the whole family, not just the parents or children alone.

The goals are to:

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



Who Should Attend?

- Families who want to learn in a fun environment;
- 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 one night a week for 14 weeks. Activities last about 3 hours.



At the beginning of each night, families share a meal together and wind down from their day. This is followed by separate one-hour activities for parents and children. Lastly, everyone comes together for family session, where they share what they learned and enjoy a fun activity together.

“Our primary goal is having fun, but you will learn things along the way!”



What are the results?

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

Participants raved about the fun they had, the friends they made and the improvements they noticed at home!

During the 14 weeks, families have fun while learning skills that contribute to **Healthy Happy Homes**.

Skills include: communication, problem solving, anger management, healthy family life and more.

Children who have participated in the program said they:

- Enjoyed the group
- Felt heard and supported
- Made new friends
- Felt communication had improved in the home

“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
Parent Action on Drugs, Toronto, ON*