



## Strengthening Families Program

*Building stronger families for healthy futures.*

Child Guidance Resource Centers is a private, non-profit, community behavioral health care organization with over 60 years of service dedicated to providing quality care and educational services that best meet the needs of children, youth and their families in the Delaware Valley.

The Strengthening Families Program is an evidence-based parenting skills, children social skills, and family life skills training program specifically designed for families. Both parents and children participate in this program that will improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and improve social skills and school performance.

### STRENGTHENING FAMILIES BUILDS 5 PROTECTIVE FACTORS

- ☞ Parental resilience
- ☞ Social connections
- ☞ Knowledge of parenting and child development
- ☞ Concrete support in times of need
- ☞ Social and emotional competence of children

### PARENTS WILL LEARN:

- ☞ How to effectively discipline & guide children
- ☞ Appropriate developmental expectations
- ☞ Making and integrating house rules
- ☞ Encouraging good behavior
- ☞ Protecting against substance abuse

### CHILDREN WILL LEARN:

- ☞ How to set goals and dreams
- ☞ How to follow rules with parents, peers & teachers
- ☞ Skills to deal with stress
- ☞ Ways to handle peer pressure

To learn more,  
contact Lisa  
Schneller:

484-454-8700  
x1484

[www.cgrc.org](http://www.cgrc.org)

email:  
[lschneller@cgrc.org](mailto:lschneller@cgrc.org)

**WHO:** Families with children between the ages of 6-11

**WHAT:** 14 virtual sessions with dinner provided.

**CONTACT:** Lisa Schneller at [lschneller@cgrc.org](mailto:lschneller@cgrc.org) to register and learn more.

***This program is free & dinner will be delivered every week!  
Enjoy incentives like board games for your family & more.***

*Strengthening Families 6-11 is coordinated by Child Guidance Resource Centers and funded by the Delaware County Department of Human Services, Division of Drug and Alcohol*