

**In your family, do you experience such things as:**

- Miscommunication or misunderstanding.
- Hurt feelings
- Anger
- Trouble completing homework or chores
- Behaviour problems at school or at home?
- Trouble being organized?

Are you concerned that your child imitates negative behaviour and destructive habits of older youth?

## ***Squamish Strengthening Families Program***

provides answers and help with these questions and/or concerns.

This project is sponsored by  
***Sea to Sky Community  
Services Society,***  
through funding provided by  
the **Ministry for Children  
and Family  
Development**

Community donations of  
volunteer time,  
food and financial support  
greatly  
appreciated.

For more information about the program  
or to register for the next session phone

Mina at

*Sea to Sky Community Services Society*

Phone: 604-892-5796 Local 284

To volunteer, phone the Squamish  
Volunteer Centre (604) 815-4121

Or contact Mina at

604-892-5796 Ext.: 284

**[www.communityservices.bc.ca](http://www.communityservices.bc.ca)**

## **STRENGTHENING FAMILIES PROGRAM**

**THE PROGRAM RUNS TWICE A YEAR  
STARTING  
SEPTEMBER & FEBRUARY**



*Do you want to understand your  
children. . . and do you want them to  
understand you?*

The Strengthening Families Program (SFP) is a 14-session life skills training program for 6-11 year old children and their parents. The program has been shown to improve family communication, positive parenting practices, school performance, and parent-child attachment.



### Parents' comments about the program:

"I've learned how to be better organized in my household. Things aren't so crazy now"

"I've learned how to relax and look for the positive with my kids, even on the most challenging of days."

"I can cope better now with parenting and I've learned how to use time out effectively."

"I've learned how to say things to (the children) so that there reactions aren't negative."

"Now my daughter looks me in the face, doesn't argue and does what she's asked. There's more speaking and hugging now than before."

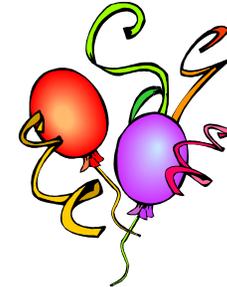
"It's given me a real sense of community – to know that people I don't even know really care about me."

The program runs one night per week, three hours per week for fourteen weeks. At each session we offer: a meal; daycare for preschoolers; transportation for those who require it.

A unique and powerful feature of this program is that the parents and children attend together. The families eat dinner during the first hour. During the second hour, parents and children each attend separate skill building groups with two trained facilitators in each group. During the third hour, parents, children and facilitators come together to work on family enrichment skills and to do fun activities that improve the relationships between parents and children.



The program encourages participation by using small incentives (i.e. stickers, Leisure Centre or video vouchers). All sorts of families have benefited from the Squamish program so far and the program has worked very well with families from different cultural backgrounds.



*Read at Graduation Ceremony for Cycle IV  
Tanya Steer, Parent Graduate May 18<sup>th</sup>, 2004*

14 weeks ago we started our venture  
Families united to conquer a quest  
We gathered our children for dinner,  
Then sent them off with a plan.  
We learned about praising, rewarding and ignoring the bad.

It's play money we earned when our homework was done  
We learned many skills as the weeks they did pass  
But nothing could have prepared me for the game we played "Child's Game" Julia said "is the next we'll learn.

The children all eager and the parents...well...scared.  
As we listened to the rules the facilitators shared.  
"No rules and the kids are in charge" they did say  
Well the parents we played and the children they giggled.  
And it taught us to laugh, a skill we all needed.  
Spinners and charts we learned how to use.  
Family meetings we scheduled and rewards we did earn.

So what do I say on week 14 but a humbling  
"Thank-you" for all that we've learned.  
And to the graduating families...  
"Good-Luck!"