



COALITION RX

Strengthening Families Program 10-14

When-April 29, May 6,13,20, June 3,10,17

Where-Barbara Weitz Community Engagement Center

Located on the University of Nebraska at Omaha Campus

Time 5:30-8pm

Cost-Free

Please call 402-552-2221 for registration or email coalitionrx@gmail.com

Program Overview

- Consists of 7 sessions over the course of 7 weeks each session lasting for about 3 hours
- Families start each session by sharing a meal together then facilitators will meet with youth and parents separately and then bring everyone together for family learning and bonding
- The program uses a variety of activities, videos, games, projects, food and fun to involve families so that everyone is comfortable and engaged

Topics Covered

- Identifying and reducing stress
- Resisting peer pressure
- Learning how to set and follow a set of house rules
- Understanding each other better
- Improved communication skills
- Learn how to set goals individually and as a family
- Prevent substance abuse
- Learn how to use reward and consequence strategies effectively

Protective Factors Addressed

- For Parents or Caregivers:
 - Positive parent-child effect
 - Supportive family involvement
 - Age-appropriate expectations
 - Appropriate parental monitoring
 - Clear expectations regarding substance abuse
- For Youth:
 - Positive future orientation
 - Peer pressure resistance skills
 - Prosocial peer relationships
 - Positive management of emotions
 - Empathy for Parents

