

# FREE AT HOME- DVD

## Strengthening Families Program

### New Group Starting SOON! Register today!

Are you a parent of a 7-17 year old child? If so, this program is made for you! You will join a cohort of other families for a 10 week program, watching one lesson each week at your convenience from the comfort of your own home. Then checking in on an online discussion board.

We can use this time of social distancing to grow closer to our family and create a more positive environment at home. This is an evidenced based program to reduce high risk behavior in youth, improve family bonding and communication, and give parents a tool box full of tools.

Lessons include: \* Setting Limits and Consequences \* Problem Solving \* Stress and Anger Management \* Goals and Contracts to Change Behavior \* Alcohol, Tobacco, and Other drugs \* Choosing Good Friends and Monitoring Activities \* Values, Traditions, and Service \* And Much More \*



To register or receive more information please email Katie Usasz at [katieu@cncaa.info](mailto:katieu@cncaa.info) or call 308-385-5520