

Strengthening Families Program Outline

With Uncles & Aunts at Large

Group	Parent Topic	Teen Topic	Family Topic
1	Introduction and Group Building	Getting Started and Dreams	Introduction and Group Building
2	What Teens Can Do & How to Manage Stress	Speaking and Listening	Appreciation Family Members
3	Encouraging Good Behaviour	Staying Cool in Conflicts	Our Time and Rewards
4	Goals and Objectives	Being who you want to Be	Goals and Objectives
5	Communication for Better Relationships	Speaking for Yourself	Communication for Better Relationships
6	Communication and Family Meetings	Speaking Up in Your Family	Communication and Family Meetings
7	Helping Your Teen Handle Peer Pressure	Handling Peer Pressure and Temptation	Supporting Teen's Resistance
8	Alcohol, Drugs and Families	Alcohol and Drugs	Learning from Parents
9	Solving Problems and Giving Directions	Problem Solving	Problem Solving and Giving Directions
10	Relationships, Love and Sexuality	Friends, Dating and Sexuality	Relationships, Love and Sexuality
11	Setting Limits I	Managing Emotions	Empathy: The Other Person's Shoes
12	Setting Limits II	Handling Criticism	Family Values
13	Contracts for Changing Behaviour	Coping with Anger	Managing Anger
14	Remembering All You Have Learned	Resources, Review and Graduation	Graduation Celebration