



SNMHD

Southern New Mexico Human Development
Your community behavioral health agency

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WHAT IS STRENGTHENING FAMILIES ?

It is a program for parents and youth who seek knowledge to become a strong, united and healthy family. It is designed to improve family relations and to reduce the risk of negative behaviors and substance abuse.

THIS IS HOW IT WORKS...

Parents and youth participate in one-hour sessions separately. Parents learn about the various behaviors in their children by using attention and rewards, clear communication, effective discipline, problem identification and solving, and setting limits. The children learn about effective communication, problem solving, dealing with peer pressure, consequences of substance abuse and compliance with parental rules.

At the second hour, the parents and youth come together for the family session. Here they share and practice a structured, fun family activity to reinforce what they have learned in the separate sessions. The family session is designed for the family unity and bonding.

In addition to all the learning and practicum, the program has to offer, each family receives an incentive reward upon completion of the program.

Here are the strengthening families programs that SNMHD has to offer:

STRENGTHENING FAMILIES 5-6

Strengthening families 5-6 is a 14-session family skills training program for children 5-6 years old and their parents.

Parent topics include:

- * Better relationships
- * Achieving better behavior
- * Learning about substance abuse

Children topics include:

- * Creating positive behavior
- * Listening skills
- * Problem Solving

STRENGTHENING FAMILIES 6-10

Strengthening families 6-10 is a 14-session family skills training program for children 6-10 years old and their parents.

Parent topics include:



Children topics include:

- * Recognizing feelings
- * Achieving better behavior
- * Learning about substance abuse

STRENGTHENING FAMILIES 10-14

Strengthening families 10-14 is a 10-session family skills training program for youth 10-14 years old and their parents.

Parent topics include:

- * Using love & limits
- * Encouraging positive behavior
- * Protecting against substance abuse

Youth topics include:

- * Appreciating parents
- * Following rules
- * Dealing with peer pressure

IF YOUR FAMILY IS INTERESTED IN PARTICIPATING, PLEASE CALL US AT (575) 882-5101 OR (575) 589-1147 AND TELL US WHICH AGE GROUP YOU WOULD LIKE TO JOIN!!

STRENGTHENING FAMILIES

Strengthening Families focus on family bonding and solving problems together, dealing with the teenage years and improving communication.

"We learned how to communicate"

"We spent quality time with our youth"

"We learned in a fun way"

"We learned how to understand our children"

"Our parents are more patient"

"The facilitators were excellent. We learned a lot from them"

"We learned in a fun way"

"We learned how to be positive when talking with our children"

"We learned to share with our family"

"Our parents gave us more attention, were more helpful, we did more family activities"

"We learned why our parents make rules"

- * Family meetings
- * Problem Solving & using directions
- * Guiding their children

