



Need Support Parenting Tween?

Your

Your Rensselaer County
Student Assistance Program
is here to help!

Come and Experience Strengthening Families



At NO cost to you!

SFP is an award-winning, 5 session program designed to help parents and their children, ages 10-13, increase communication and appreciation, set boundaries, talk about issues facing them, and develop strategies that help you set limits for them with love.

The workshop is unique in that both parents and children attend together.

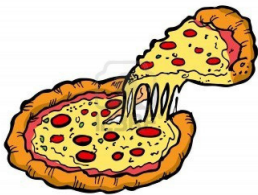
FREE Program *New Times

***Every Tuesday, May 3 until May 31**

from 5:30-7:00pm

Dinner and Childcare

provided each week! **FREE!**



TO REGISTER, or for more information,
contact Teresa D'Arcangelis, LMSW at
436-8561 x6304, tdarcangelis@rcsd.k12.ny.us

Location: Rensselaer JrSr School
Cafeteria and Elem Library

HAVE NO FEAR, HELP IS HERE!

Further Information about Strengthening Families



For the first 15 minutes (5:30-5:45pm) we will have dinner as a large group (provided free of charge) and introduce the lesson for the evening. At 5:45pm we will split up for 35 minutes and learn somewhat parallel topics but in different ways. Students go with Stephanie Gardinier, MS, a colleague from Lansingburgh Middle/High School), parents go with Teresa D’Arcangelis, LMSW, Student Assistance Counselor and younger children go with the high school babysitters. From 6:20-7pm, we will get back together as a large group and do some more fun, activity-based exercises in your individual family unit to practice the skills learned in each session. I can’t stress how valuable this time can be for your family. Bonding is so important at this age and this program can really help do the things it says it can do! We have offered Strengthening Families to many people who have completed the program and who will attest to its helpfulness!

The topics for the program are as follows:

<p><u>Session #1 Intro Lesson</u> How the Brain Develops, Having dinner together, Practicing mindfulness, One to one time.</p>	<p><u>Session #4</u> Seven Steps to Positive Discipline, Teach behaviors you want; use mild consequences for misbehavior</p>
<p><u>Session #2</u> Good Communication Skills, Fun Family Meetings</p>	<p><u>Session #5</u> Problem Solving and Negotiating Skills</p>
<p><u>Session #3</u> Making Family Rules, Give Responsibilities, Set Up Routines and Give Rewards for Good Behavior</p>	<p><u>Session #6</u> Stress Reduction and Anger Management Skills</p>

Dinner

Dinner is provided through donations from the Rensselaer Alumni Association, Kiwanis, Lions and other Rensselaer community groups. If anybody has special dietary concerns, please contact me or plan accordingly. We will most likely be having pizza most weeks. Water and dessert will also be available!

Child Care

We have two experienced high school child care volunteers who will provide the child care for us. Children may use the time to complete homework, but our sitters have games and activities planned as well.

Dates of program: May 3, 10, 17 24 and 31.

Location

SFP will be held in the Elementary Library, MS and HS cafeterias. We will have dinner in the HS cafeteria.

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