

Strengthening Families Program is Here!

10 sessions once per week on MS Teams from 6:00pm to 8:00pm Program Starts January 14th (Program runs from January 14th -March 18th).

The Family Strengthening Program is coming here at Lanier James Education Center. Space is limited so sign up now. You do not want to miss out on this very special program. If you are interested, you may call 754-321-7350 or visit the school or email Mr. Mitchell at eddie.mitchell@browardschools.com.

Parents our school is now offering the researched based Strengthening Families Program. Please sign up today. This highly effective program will reduce your stress, improve your relationship, improve communication, and build stronger bonds.

Do you want your child to listen to you the 1st time you tell them to do something without yelling or screaming, taking away privileges, or using physical punishment or threats? Do you feel overwhelmed at times or stressed? Do you want to learn more effective ways to get your child to clean up after themselves, maintain good grades, or be more helpful around the house? Do you want to improve the communication in your Family? If you answered yes to any of these questions this is the program for you.

Strengthening Families Program teaches skills which parents and children practice, these skills involve **bonding** (creating warm, loving relationships), setting clear, firm **boundaries** (rules against misbehavior), and **monitoring** their children's emotional well-being. This program will give parents the skills necessary for their child to take them everywhere they go.

Highlights of how this program can help you and your family:

- **Increased family bonding**
- **Increased parental involvement**
- **Increased positive parenting skills**
- **Increase positive communication**
- **Increased family organization**
- **Decreased family conflict**
- **Decreased youth depression**
- **Decreased youth aggression**
- **Increased youth cooperation**
- **Increased number of prosocial friends**
- **Increased youth social competencies**
- **Increased youth school grades**

At Every Session Families will receive:

Parent Skill Training
Children Skill Training
Family Skills Training

Program Overview & Model

FSP Program is modeled after the SFP national program Website is <https://strengtheningfamiliesprogram.org/>

All staff are certified and trained in SFP or related field with Dr. Jeanie Greene and are current Broward County School Board Employees

The Program Director and Site Coordinator is Eddie C. Mitchell, who has successfully administered the program for more than seven years. Group leaders have been working with the program and have been trained to administer the program.

The program has been successful nation-wide and our program will be tailored to the LJEC community.

Sessions will take place once a week on Fridays for 10 weeks. This includes 9 session and 1 booster session.

Program Highlights & Structure

The Program will be administered online using MS Teams and breakout rooms to conduct parent, children, and family sessions.

The Program will start with an introduction and weekly overview with the entire Family, where they will be given a debriefing of what they will learn in each session and practice skills as a family at 6:00pm. The Children Group Leaders will meet with the children at 6:30pm while the Parent Group Leaders are simultaneously meeting with parents until 7:30pm. The children and parents will then have a joint Family Session in small groups to practice the skills learned, receive feedback, and have any questions they have answered. At the conclusion, families will be given a home practice so they can practice using the skills they learned the entire week until the program meets again. In addition, families will access to lesson videos and lesson handouts for review and enhancement.

The Family Strengthening Program at Lanier James Education Center will meet once a week on MS Teams with families from 6-8pm on Fridays for 10 weeks. Students and Parents can sign up with the Program Director at the school site or online. The Program consist of separate 1hr trainings for children and parents, along with one combined family training. The Program will feature 1 site supervisor, 4 group leaders, students will receive a \$15 stipend for attending each session, and training manuals/materials will be provided at no charge to the families. Also, families will attend 1 booster session after the program ends to follow up on how things are going and share their success on week 10.

This program has been very successful everywhere it has been administered.

LJEC Family Strengthening Program Intake /Sign Up Sheet

Minimum Program Requirements. (Complete the information below then email to Mr. Mitchell at eddie.mitchell@browardschools.com or print out and return to the school).

All Sessions are online using MS Teams. From 6-8pm. Two different devices for Student and Parent Sessions are needed and internet connectivity. Parents will attend Parent session from 6:30 pm -7:30 pm and at the same time students will attend the student session from 6:30pm - 7:30pm. Then both student and parent will participate in a joint Family Session from 7:30 pm - 8:00pm. Cameras must on at all times during the meeting. Parent and students will attend 10 weekly sessions on Friday starting January 14th. Students will receive a weekly stipend and completion stipend for completing the program.

Student Information

Student Name _____ ID# _____ Age _____ Current Grade level _____
Address: _____
Phone #: _____ DOB: _____ City & State of Birth _____
Sex: Male ___ Female _____
Race: Black ___ White ___ Hispanic ___ Multiracial ___ Other _____

Parent Information

Mother Name/Guardian:

Name _____ Phone# _____ email _____

Father Name/Guardian:

Name _____ Phone# _____ email _____

Total number children in the home _____ Ages _____

Behavior Challenges

What does your child currently do too often, too much, or the wrong time and creates problems?

What does your child do that you like?

Are there any other concerns you have that you have not mentioned?

Has your child experienced any of the following Circle all that apply

Fighting Lack Friends Drug/Alcohol Detention Suspension
Learning Disability Poor Attendance Poor Grades Gang Influence
Behavior Problems Incomplete Work Sadness Angriiness Anxiety

I agree to participate in the program with my child once a week for 10 Weeks in the Family Strengthening Program.

Student Signature _____

Parent Signature _____