



## Carpentersville Police Department

### Strengthening Families Program

Strengthening Families is an evidence-based program from Iowa State University designed to assist youth deal with the pressures throughout their teenage years and to enhance the family relationship. There is also a segment for the parents, so that they may learn new techniques or improve on the ones that they already know on how to be efficient parents. The family portion is designed to bridge the communication gap that may exist between parents and their youth.

Some of the topics covered include:

#### Parents:

- Love and limits
- Supporting your youths goals
- Rules for youth
- Rewards for positive behavior
- Consequences for negative behavior
- Help protect your youth against drugs/alcohol
- How to interact with schools
- Helping your youth with friends/peer pressure

#### Youth:

- Setting and achieving goals
- Understanding pressure of adults/appreciating parents/caregivers
- How to cope with stress
- Rules/responsibilities
- Resisting peer pressure
- Friendships
- Interacting with role models

Meetings are held one night a week from 5:30 PM to 8:00 PM for 7 weeks at the Police Department. Dinner is provided at no cost. This program is **free** to Carpentersville residents. The ages for children are 10-14.

If you or someone you know may want additional information, please contact Griselda Hernandez, Police Social Worker at the Carpentersville Police Department at 847-551-3481 ext. 297.