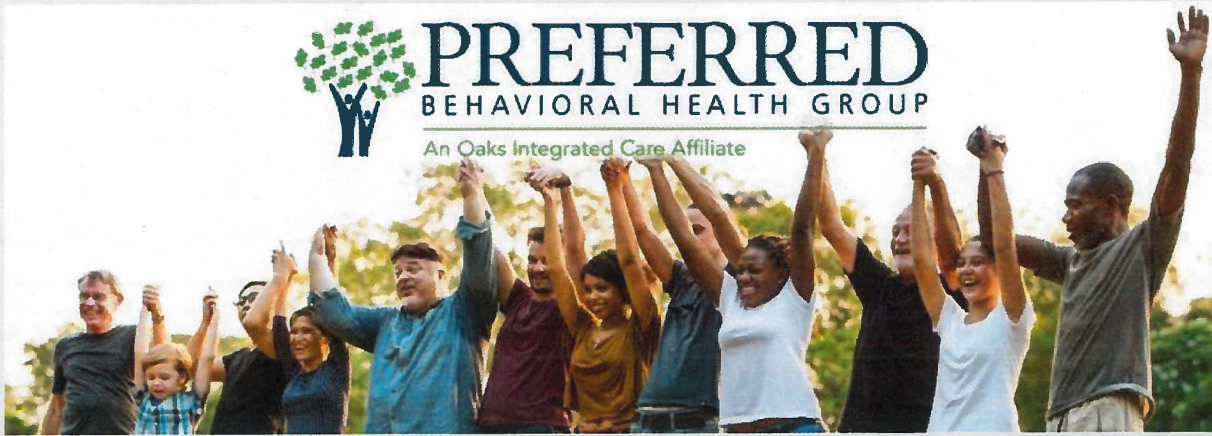




PREFERRED

BEHAVIORAL HEALTH GROUP

An Oaks Integrated Care Affiliate



Mission: To deliver quality and compassionate behavioral services to individuals and families all the time.

Values: Compassion, honesty, accountability, integrity, respect, and cultural competence.

ADDITIONAL PROGRAM HIGHLIGHTS:

- *Family dinner served at each session
- *Incentives given to all participating families
- *Childcare provided for children under 5 years old.

CONTACT INFORMATION:

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Funding provided by:
Monmouth County Division of Mental
Health and Addiction Services

prevention first
A Division of Preferred Behavioral Health Group

Strengthening Families Program:

FREE Family-Focused Program

Strengthening Families is a nationally researched program providing skill-building sessions and fun activities that will help with the toughest job in existence: **BEING A PARENT!**

The **Strengthening Families Program (SFP)** welcomes families with at least one child that falls under one of the age-appropriate groups:
3-5, 6-11 or 12-16 years old.

All participants benefits:

Parents/Caregivers:

Learn to encourage healthy behaviors and promote effective discipline.

Youth:

Learn to cope with stress and resist peer pressure.

Families:

Learn how to build family communication and develop family values.

May – September 2019 Schedule

Prevention Program: Strengthening Families/6-11 Year Olds/Fourteen - 2 hour sessions

Program Site: Sea Girt Elementary School, 451 Bell Place, Sea Girt

Director of Prevention Services: Liza DeJesus –
LDeJesus@preventionfirst.net (732) 663-1800 ext.2180

Day/Time	Topic for Session	Date
Tuesday 5-7 PM	#1 Introductions & Group Building	5/7/2019
Tuesday 5-7 PM	#2 What Kids Can Do & How to Manage Stress	5/14/2019
Tuesday 5-7 PM	#3 Rewards	5/21/2019
Tuesday 5-7 PM	#4 Goals and Objectives	5/28/2019
Tuesday 5-7 PM	#5 Noticing and Ignoring	6/4/2019
Tuesday 5-7 PM	#6 Communication 1: Better Relationships	6/11/2019
Tuesday 5-7 PM	#7 Communication 2: Family Meetings	6/18/2019
Tuesday 5-7 PM	#8 Alcohol, Tobacco, Drugs and Families	Sept 2019
Tuesday 5-7 PM	#9 Solving Problems and Giving Directions	Sept 2019
Tuesday 5-7 PM	#10 Setting Limits I: Behavior You Can't Ignore	Sept 2019
Tuesday 5-7 PM	#11 Setting Limits II: Practice Setting Limits	Sept 2019
Tuesday 5-7 PM	#12 Setting Limits III: Solving Behavior Problems	Sept 2019
Tuesday 5-7 PM	#13 Building and Using Behavior Programs	Sept 2019
Tuesday 5-7 PM	#14 Getting and Keeping More Good Behavior GRADUATION	Sept 2019

Funding provided by:

Monmouth County Division of Mental Health and Addiction Services

Strengthening Families Program Referral Sheet

Names of Adults in your Family Being Referred: _____

Current Status: married divorced separated

Address _____

Home Telephone _____ Best time to call _____

Work Telephone _____ Best time to call _____

Cell Phone _____ Best time to call _____

Please list the name and age of all children in the family and birthdays (childcare will be provided):

Name of child	Date of Birth	Age
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Referred to Prevention First by:

Former SFP Participant Other Self

Name of person (s) referring:	Contact Number
_____	_____
_____	_____
_____	_____