



BUILD THE RELATIONSHIP YOU ALWAYS WANTED WITH YOUR TEEN

Lessons for Strengthening Families Interactions Grades 8 - 12

How are your family communication skills?

Could you all use some help?

COME JOIN US! Virtually on 

Let's explore these skills together: **Listening, understanding, validating, working together, resolving conflict with win-win negotiations, honest communication, sharing family values, triggers, responsibility, empathy, compassion, respect, ... ARE MORE IMPORTANT NOW THAN EVER!**

If you answered YES! We invite your family to SIGN UP and PARTICIPATE in our Weekly Workshops

Starting: Tuesday, February 2, 2021
When: 6:00 pm - 8:00 pm
Virtually on ZOOM

FIRST 10 FAMILIES TO PARTICIPATE WILL RECEIVE A NEW IPAD

"This event is neither sanctioned nor sponsored by the Sahuarita School District. It is provided as a community service."

TO REGISTER: WWW.SERENITYFIRSTCOUNSELING.COM

Jill Fabian, LCSW
Cell: (520) 661-6445
jill@serenityfc.life

Joan Silver, LMFT
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joan@serenityfc.life

Serenity First Counseling, a 501 (c)(3) corporation. Funded by the Governor's Office of Youth, Faith and Family and The Arizona Parents Commission for Drug Education and Prevention.



WHAT THEY SAID...

It was good to know that a lot of our problems are not specific to my family and other families have the same issues we have. *Parent*

It has helped everyone in our family to be open to implement new ideas within our household. *Parent*

I really liked telling my parents when they were not practicing the skills we learned in class. *Teen*

It helped me to listen more and it was good to hear from the other parents and bounce ideas off of them. *Parent*

I found out things about my parents that I never knew. *Teen*

I learned to have a new perspective on how my teen thinks. *Parent*

I learned how to improve my communication with my family and friends. *Teen*

I realized that when I improved my reactions and communication skills, there was less conflict in our family. *Parent*

This program came at the perfect time when we were together all the time because of Covid. *Parent*

I really felt closer to my parents and talked to them more. *Teen*

There were less arguments with my son because we decided together what the consequences were for making bad choices. *Parent*



STRENGTHENING FAMILIES

What is It?

Strengthening Families is a research-based curriculum that teaches and supports basic family interaction skills. Focusing on behavior change and improved communication skills, family members learn and practice effective patterns of relating to each other, limit setting techniques, and positive behavior reinforcement procedures. It is built around five "Protective Factors" which help families succeed and thrive even in the face of risk and challenges.

PARENTAL RESILIENCE - *Be Strong Even When You Are Stressed*

Resilience is the process of managing stress and functioning well even when things are difficult.

SOCIAL CONNECTIONS – *Get and Give Support*

Sometimes being a parent can be very stressful. It's easier to handle parenting challenges when we have a network of caring people in our life. Connection with others helps us feel secure, confident and empowered – and this helps us become better parents.

KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT – *Learn More So You Can Parent Better!*

There is no such thing as a perfect parent, but knowing what to expect does make the job a lot easier.

CONCRETE SUPPORT IN TIMES OF NEED – *Get Help When You Need It*

All families go through tough times. However, knowing where to get help in the community can make things a lot easier.

THE SOCIAL-EMOTIONAL COMPETENCE OF CHILDREN – *Help Your Child Manage Feelings and Relationships*

Helping children develop social-emotional competence allows them to manage their emotions and build healthy relationships with their peers and adults.

The program is weekly starting Tuesday, February 2, 2021. We suggest you commit to the first 3 sessions and then evaluate if you want to make the decision to complete the remaining 7 sessions. Completing the program has proven to have beneficial long lasting positive results on both the individuals and families that have participated. See testimonials on our Flyer or website at www.serenityfirstcounseling.com.

Contact Joan Silver or Jill Fabian at joan@serenityfc.life or jill@serenityfc.life for more info.



Contact Information:
Main # (520) 398-7272
Joan Silver, LMFT (818) 371-7463
Jill Fabian, LCSW (520) 661-6445

www.serenityfirstcounseling.com

REGISTRATION PACKET FOR STRENGTHENING FAMILIES PROGRAM GRADES 8-12

Thank you for your interest in the Serenity First Prevention and Support Coalition's Strengthening Families Program!

Our mission of the SFP is to provide a family experience to improve family relationships, increase communication, reduce stress, anxiety and transform negative behaviors into positive healthy behaviors within the family unit. The tools learned are life skills that will also be beneficial in all relationships.

We will be starting our weekly sessions on Tuesday, February 2, 2021 via Zoom. Due to the ever-changing unknown climate of Covid-19 we are prepared to be flexible and open with implementing the program. Since the format of each session includes family time and separate parent and teen breakout sessions, please let us know if having 2 individual devices and/or internet connection could be a challenge for you.

We do need: Devise Hotspot

All families interested in participating in the SFP must complete the registration form on page 2.

Please submit your completed form to joan@serenityfc.life. If you have any questions or concerns, please call: Joan Silver (818) 371-7463 or Jill Fabian (520) 661-6445

This program is presented by Serenity First Counseling, a 501(c) (3) corporation with funding by The Arizona Parents Commission For Drug Education & Prevention and Governor's Office of Youth, Faith and Family

REGISTRATION FORM/WAIVER/RELEASE

FAMILY ADDRESS:

Parent/Guardian's Info:

Parent/Guardian's Info:

Name: _____

Name: _____

DOB: _____ Gender: _____

DOB: _____ Gender: _____

Email: _____

Email: _____

Phone Number: _____

Phone Number: _____

Minor Info:

Minor Info:

Name: _____

Name: _____

DOB: _____ Gender: _____

DOB: _____ Gender: _____

Email: _____

Email: _____

Phone Number: _____

Phone Number: _____

School: _____ Grade: _____

School: _____ Grade: _____

Minor Info:

Minor Info:

Name: _____

Name: _____

DOB: _____ Gender: _____

DOB: _____ Gender: _____

Email: _____

Email: _____

Phone Number: _____

Phone Number: _____

School: _____ Grade: _____

School: _____ Grade: _____

Please initial and sign below:

I, _____, give my permission for my family to participate in the Serenity First Prevention and Support Strengthening Families Program (SFC).

_____ Media Release: SFPSC has permission to videotape, audiotape, and photograph participants for use in program presentations and promotional materials. SFPSC will use materials at the discretion they see fit.

_____ I hereby waive and release SFC from any and all liability or claims for any injuries or loss sustained by any member of my family while participating in this program.