



Parent Topics

1. Using Love and Limits
2. Making House Rules
3. Encouraging Good Behaviour
4. Using Consequences
5. Building Bridges
6. Protecting Against Substance Misuse
7. Using Community Resources



Youth Sessions

1. Having Goals and Dreams
2. Appreciating Parents
3. Dealing with Stress
4. Following Rules
5. Handling Peer Pressure I
6. Handling Peer Pressure II
7. Reaching Out To Others



Family Sessions

1. Supporting Goals and Dreams
2. Appreciating Family Members
3. Using Family Meetings
4. Understanding Family Values
5. Building Family Communication
6. Reaching Our Goals
7. Putting it all together & graduation