

# Strengthening *Families* Program

Program **Free** to parents & their children ages 10 through 14. Strengthening Families Program includes, a meal, & child care for family members under the age of ten. This program is seven weekly 2 ½ hours sessions. The first hour the youth ages 10-14 & parents meet separately & the second hour the family will work together on the skills learned that evening.

☺ Free Meal ☺ Free Daycare ☺ Free Program ☺

Please circle the class you would like to attend.

**Series # 1 Oct. 2005** (Tuesday's): **Spanish** 10/04, 10/11, 10/18, 10/25, 11/01, 11/08, & 11/15. Barr Middle School @ 5.30 - 8 Pm

**Series # 2 Jan. 2006** (Thursday's): **English** 1/12, 1/19, 1/26, 2/02, 2/09, 2/16, & 2/23. Westridge School @ 5.30 - 8 Pm

**Series # 3 March 2006** (Tuesday's): **Spanish** 3/14, 3/21, 3/28, 4/04, 4/11, 4/18 & 4/25. Walnut Middle School @ 5.30 - 8 Pm

**Series # 4 April 2006** (Thursday's): **English** 4/20, 4/27, 5/04, 5/11, 5/18, 5/25, 6/01 St. Pauls Lutheran Church @ 5.30 - 8 Pm

**Series # 5 May 2006** (Wednesday's) : **English** 5/03, 5/10, 5/17, 5/24, 5/31, 6/07, 6/14 Barr Middle School @ 5.30 - 8 Pm

## Sign up now!

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## Registration Form.

Name: \_\_\_\_\_ Parent (s) / Guardian (please print clearly)

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_ Cell Phone# \_\_\_\_\_ E-Mail \_\_\_\_\_

**Free childcare will be provided for children under the age of 10. Please list all the children & their ages.**

Childs Name	Age

Please send to:

**Strengthening *Families* Program**  
 c/o **Randy See**  
**219 West 2<sup>nd</sup> Street**  
**Grand Island, NE 68801**  
**(308) 385-5520**

This project is supported by Federal State Incentive Cooperative Agreement funds awarded to the Contractor by NE Partners in Prevention on behalf of the NE Governor's Office, the Substance Abuse & Mental Health Services Administration, & the Division of Behavioral Health Services of the NE Department of HHSS.

# Discovery Kids



Is a free, 6-week educational program for elementary-age children in grades 1-5, who want to have fun as they learn more about themselves in a safe and supportive environment. This program is based on materials developed and used by Jerry Moe, Director of Children's Programs at the Betty Ford Centers, and is designed to help children:

- Explore and express feelings in a safe and supportive environment
- Learn a variety of problem-solving, coping, and self-care strategies
- Build self-esteem, self-worth, and positive feelings about themselves
- Understand addiction in an age-appropriate way
- Simply be kids by learning to have fun in safe and healthy ways

This is a 6-week series available as an after-school program upon request. Each session is 1.5 hours in length and is held immediately following the school day. Class sizes are limited to ten children for each series. This educational series is facilitated by prevention professionals from the Central Nebraska Council on Alcoholism in Grand Island.

**If you're interested, give the Council on Alcoholism a call at 385-5520.  
We'd love to come to your school!!**

*The Central Nebraska Council on Alcoholism is a non-profit corporation affiliated with the National Council on Alcoholism and Drug Dependence, Inc. This organization, its programs, activities and services are supported in whole, or in part, with funds provided by the State of Nebraska Department of Health and Human Services Tobacco Free Nebraska Program, Governor's Safe and Drug-Free Schools and Communities, Region III Behavioral Health Services, and the Substance Abuse Prevention and Treatment Block Grant administered by the Office of Mental Health, Substance Abuse and Addiction Services in the Department of Health and Human Services. Additional financial support is provided by Hall County, Heartland United Way, and tax-deductible donations.*



# Kids Power



Is a free, 8-week educational series for children ages 6-12 who are affected by someone else's addiction. This program is based on materials developed and used by Jerry Moe, director of Childrens Programs at the Betty Ford Centers, and is designed to help children:

- Explore and express feelings in a safe and supportive environment
- Understand addiction and codependency in an age-appropriate way
- Learn a variety of problem-solving, coping, and self-care strategies
- Build self-esteem, self-worth, and positive feelings about themselves
- Trust themselves and others
- Realize they are not alone
- Simply be kids by learning to have fun in safe and healthy ways

Each session is 1 1/2 hours in length, limited in size, and will meet at the Council on Alcoholism, 219 W. 2<sup>nd</sup> Street (downtown), Grand Island. Please call the Council at [308-385-5520](tel:308-385-5520) to register your child(ren) or for more information.

**A new series will begin soon.  
Sign up now!**

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