

# Programa *Familias Fuerte*



El programa consiste de 7 sesiones de 2 horas ½ cada clase, una vez por semana. En la primera hora los padres e hijos se reúnen separados y en la segunda hora las familias trabajan juntos practicando las habilidades que aprendieron. El programa incluye una comida, incentivos para la familia, juegos, diversión, aprendizaje, y se proveerá cuidado para niños menores de 10 años.

☺ Comida Liberte ☺ Liberte cuidado de niños ☺

## ¡Inscríbese ahora!

Indique por favor la clase que usted querría para asistir.

- |                                                                    |                                                   |
|--------------------------------------------------------------------|---------------------------------------------------|
| <b>La serie #1 Octubre 2005 (Martes):</b><br>(Versión en española) | 10/04, 10/11, 10/18, 10/25, 11/01, 11/08, & 11/15 |
| <b>La serie #2 Enero 2006 (Jueves):</b><br>(Versión en inglesa)    | 01/12, 01/19, 01/26, 02/02, 02/09, 02/16, & 02/23 |
| <b>La serie #3 Marzo 2006 (Martes):</b><br>(Versión en española)   | 03/14, 03/21, 03/28, 04/04, 04/11, 04/18 & 04/25  |
| <b>La serie #4 Abril 2006 (Jueves):</b><br>(Versión en inglesa)    | 04/20, 04/27, 05/04, 05/11, 05/18, 05/25, & 06/01 |
| <b>La serie #5 Mayo 2006 (Miércoles):</b><br>(Versión en inglesa)  | 05/03, 05/10, 05/17, 05/24, 05/31, 06/07, & 06/14 |

## Información y Registración

Nombre: \_\_\_\_\_ Padre/tutor (letra de molde)  
 Dirección \_\_\_\_\_ Ciudad \_\_\_\_\_  
 Numero de TEL. \_\_\_\_\_ Correo Electrónico \_\_\_\_\_

El cuidado de niños libre se proporcionará para niños bajo la edad de 10. Liste por favor a todos niños & sus edades abajo.

Nombre del niño/a		Edad

Por favor pongase en contacto con **Carlos Barcenas** si necesita mas información acerca del Programa *Familias Fuertes*  
 219 West 2<sup>nd</sup> Street Grand Island, NE 68801  
 Trabajo (308) 390-4943 • Fax (308) 385-5522



Coalición de Grand Island de Prevención de Abuso de Substancias



# 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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