

FREE Parenting Workshop: Given by INSPIRE, www.InspireInc.Org

Creating Lasting Family Connections (CLFC)

A panel of college presidents was recently asked how high schools could better prepare students for college. The unanimous answer: ***send us emotionally healthy young people.***

WHAT: Participants in our *Creating Lasting Family Connections* workshop will experience a focused exploration of interpersonal communication skills, expression of feelings and self-awareness. Guided by a trained facilitator, parents will learn effective strategies to strengthen family relationships--especially with teens. They are also provided the opportunity to practice these skills in a comfortable and confidential group setting.

WHY: Research shows that clear and consistent messages from parents to be one of the most influential factors as teens make decisions about alcohol and drug use. Studies also show small communities (such as parents of same age children, same school district, same neighborhood, etc.) that gather to discuss common challenges are more connected and productive. Effective communications can **reduce stress in families.**

The workshop is structured as a 5 Week/90 min sessions. (for Parents/Guardians only)

WHEN/WHERE: Choose **ONE** session at **6:30-8pm**

@ FLHS Room 277, Library Lecture Hall

Session #1- 5 Tuesdays -Jan 8, 15, 22, 29 and Feb 5 **OR**

Session #2 - 5 Wednesdays – Feb 6, 13, 20, 27 and Mar 6

Register by email to Lauren: lhanham@inspireinc.org (open to all Fairfield High Schools)

Week 1: Introduce the CLFC philosophy, define goals and set the appropriate parameters for a successful workshop experience.

Week 2: Assist parents in improving their ability to accurately and honestly communicate feelings and, in turn, enhance their sense of competence, self-esteem, connectedness and strengthen bonds with their children.

Week 3: Help parents to create a trusting, respectful and comfortable setting for their children to share their feelings about important matters. Focus will be on listening strategies as well as most effective methods of presenting feedback to their children. Open and honest discussions are the foundation of all healthy personal relationships.

Week 4: Explore ways parents can positively influence their children's behavior through the development and implementation of effective expectations and consequences.

Week 5: The CLFC family communications skills and strategies are applied to current teen experiences and behaviors regarding alcohol and other drug use.