



Parent to Parent

Learn skills and develop tools, attitudes and the ability that can help get you get your children through the adolescent years without serious problems surrounding tobacco, alcohol and other drug use.

The program is built around the acrostic P.A.R.E.N.T as follows:

- P** put yourself in the way
- A** awareness is your best friend
- R** remember the difference
- E** expect and inspect
- N** never cry alone
- T** time for yourself



As parents, we need support to develop skills that will help us nurture the full potential of our children.

Call Lynn Hooper, Parenting Program Coordinator at 467-4099 to register and for more information about parenting programs.



Greenville Family Partnership

200 Mills Avenue
Greenville, SC 29605
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greenvillefamilypartnership.org



Parenting Wisely

Learn how to enhance your parenting skills and gain confidence in yourself as a parent.



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Presented on Tuesday evenings:

Topics:

- *What is Parenting*
- *Nutrition & Health*
- *Child Safety*
- *Positive Discipline*
- *Parenting Styles*
- *Controlling Anger*
- *Communication Skills*
- *Family Management*
- *Alcohol, Tobacco & Drug Information*

Building Family Strengths

Learning to build on the strengths that help families thrive

The program is based on 10 key strengths:

Believe in open and honest COMMUNICATION
Have sense of family HISTORY
Experience CONTENTMENT with your lifestyle
Have a sense of HUMOR
Exhibit RESILIENCY during change
Have high SELF-ESTEEM
Encourage UNITY and family togetherness
Have a sense of spirituality
Share common VALUES
Have a sense of OPTIMISM about life



The Parent Connection

Learn how to answer the tough questions

Not sure how to talk with your children about alcohol, tobacco and other drugs? Feel like you're not prepared to answer the tough questions?

- Learn about substance abuse and how it relates to your child's development.
- Learn how your habits and attitudes about drugs, alcohol, and tobacco impact your role as a parent.
- Learn how to be more effective in dealing with your children in general as well as being better able to talk about alcohol, tobacco and other drugs.

BIC – Back In Control

*If your child's behavior is out of control
This program helps parents get Back In Control*

Topics:

Why Rules are important
The four elements of a good rule
Effective follow through
Responsibility and trust
The four W's of parental supervision
Consistency, consequence



Preparing for the Teen Years

Learn how to meet the parenting challenges of the future

Topics:

- *Protecting & Guiding Your Teenager*
- *Parenting Styles*
- *Decision Making*
- *The Power of Communication*
- *Influencing Friends*
- *Establishing & Maintaining Clear Family Positions*

Guiding Good Choices

Learn how parents can make a difference in the choices their children make

Designed to teach parents how to guide their children in making good choices about alcohol, tobacco, and other drugs

Topics:

- *Strengthening family bonds*
- *Developing a family position on drugs*
- *Preventing drug abuse in your family*
- *Expressing and controlling your anger*