

Serenity Renewal for Families offers a variety of unique programs for children and youth, along with their parents or other adults involved in their care. Our evidence-based programs enhance communication within the family unit and offer family members coping tools in a safe and supportive *virtual* environment.

*To participate in a virtual workshop, participants need access to a computer, an iPad, or a smartphone with a microphone and camera. To express interest in any of these programs, or to be notified whenever new family programs are released, please email [familyprograms@serenityrenewal.ca](mailto:familyprograms@serenityrenewal.ca). You will be one of the first to hear about programs available to children as young as five and teens up to 18.*

### **B.A.B.E.S.: Beginning Awareness and Basic Education Studies**

Children ages 5 to 8 and Parents or Guardians

**Facilitators: Lynda Donaldson and Kyla Groves**

This evidence-based prevention program uses storytelling techniques and puppets to teach young children the skills they need to cope with peer pressure and difficult situations. We cover substance abuse and addictions from an age-appropriate perspective. Parents are required to attend and to participate in a parents' group. It is an interactive program in which the children engage in fun activities both during the workshops and at home between sessions. One electronic device per family is required to participate in this workshop.

### **Strengthening Families Program**

Children ages 7 to 11 and Parents or Guardians

**Facilitators: Lynda Donaldson and Kyla Groves**

This 11-week program is for parents/guardians and children. It is an evidence-based program that provides families with skills to enhance their communication and improve their relationships. Each week, the program provides valuable tools and covers topics including communication skills, peer pressure, anger, and expectations. It is an interactive program in which the family members engage in activities both during the workshops and at home between sessions. *One electronic device per family is required to participate in this workshop.*

### **Teen Program (NEW)**

Teens ages 12 to 15

**Facilitator: Kyla Groves**

This is a 6-week program for teens to connect with other teens that are going through similar situations. We talk about peer-pressure, anger, social media use, and decision making at an age-appropriate level. The program assists teens to develop skills for life. There will be time for group discussions, small group discussions (numbers permitting) and different activities. There will also be a chance for the teens to practice these skills throughout the week and then come back to discuss the following week on how things went. *One electronic device is required to participate in this workshop.*

**Dates and Times:**

April 28, 2021 to June 2, 2021 from 6:00pm to 7:30pm

Fee: \$140

Serenity Renewal for Families' fee for a workshop is \$140. Receipts will be issued for extended health care or private insurance. No one is excluded from services for financial reasons. Thanks to the generosity of our donors, Serenity Renewal for Families will continue to offer a sliding fee scale, a minimum payment request of \$10 and 100% subsidies.