

Program Goals:

- Help children learn confidence and resiliency, learn about healthy relationships, and develop strong communication skills.
- Help children learn to develop a safety plan.
- Help children identify their feelings and express them in a non-violent way.

**new
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is appropriate for:

Children and teens between the ages of 7-17 years old who have witnessed family violence or anger related issues.

We are currently taking referrals for:

Ages 7-10

Ages 11-14

Ages 15-17

Pre-registration is required.

For further information, please contact:

McMan Youth, Family and
Community Services Association
780-778-3290

www.mcman.ca

**new
hope**

For Children & Teens

Building Resiliency in
Children & Teens
Who Have Witnessed
Family Violence or
Anger Related
Issues

Alberta



www.whitecourtfvi.ca

new hope

For Children & Teens

Program Outlines

A series of 10 lessons, one per week, for 10 consecutive weeks.

Summer Sessions also available.
Ask for details!

Sessions for Children
Ages 7-10

Sessions for Children
Ages 11-14

Session Topics Include:

- Introduction Night / Journalling
- All About my Family
- Getting my Feelings in Check
- Expressing Emotions
- Anger
- RCMP Visit
- Online Safety / Safety Planning
- Self Esteem
- Healthy Friendship
- Parent Night / Review

Sessions for Teens
Ages 15-17

Session Topics Include:

- Healthy & Unhealthy Relationships
- Consent and Sexual Assault
- Social Media and Online Safety
- Anxiety and Stress
- Communication Styles and Peer Pressure
- Anger and Conflict Resolution
- Self Esteem and Self Image
- Intervention and Response to Dating Violence
- RCMP / Safety Planning



* Lessons and ages may vary accommodate group needs.