

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.

roots is appropriate for:

Children and teens between the ages of 8-17 years old who have witnessed family violence or anger related issues.

We are currently taking referrals for:

Ages 8-12

Ages 13-14

Ages 15-17

Pre-registration is required.

For further information or to make referrals, please contact:

Coupland Consulting at
780-779-0919 or
780-779-0530.

roots

Where Foundations Are Formed

Previously New Hope for Children & Teens

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

Alberta





**Where Foundations
Are Formed**

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 8-12

Sessions for Children
Ages 13-14

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 accomodate group needs.**