

About Barnabas Health Institute for Prevention

Barnabas Health Institute for Prevention provides comprehensive wellness services to address the social and emotional needs of individuals, children, families and professionals.

Through the facilitation of evidence-based programs, we are able to empower New Jersey residents to make healthy life choices and lend them the tools that enable them to grow, thrive and make a positive impact on others.

For more information, or to learn how you can bring Barnabas Health Institute for Prevention's programs and services to your school, family, agency and/or corporation, please call 732-914-3815 or visit www.instituteforprevention.com.

Institute for Prevention Strengthening Families



**■ ■ Barnabas Health
■ ■ Institute for Prevention**

Life is better healthy.

Funded by the Monmouth County Division of Mental Health and Addiction Services and the New Jersey Department of Human Services, Division of Mental Health and Addiction Services

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■ ■ Institute for Prevention**

www.instituteforprevention.com

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Strengthening Families (SF) is a free 14-week educational program utilizing the award-winning Strengthening Families curriculum. The program has been recognized by the World Health Organization as a model parenting program.

By participating in SF, families will:

- * Learn to improve communication skills
- * Develop effective conflict resolution techniques
- * Set goals
- * Establish family meetings



Research shows the more often families eat together, and give each other their undivided attention, the less likely teens are to get involved with drugs, alcohol, tobacco and/or other risky behaviors.

Program Components

- * Weekly family dinner
- * Family training involving parents and youth
- * Incentives
- * Special gifts

Upon completion of the program, a graduation ceremony will be held where all participants will receive a certificate.



Please join Barnabas Health Institute for Prevention for food, fun, prizes and a stronger family!

For information about upcoming Strengthening Families programs in Monmouth and Ocean Counties, please call 732-914-3815 or visit www.instituteforprevention.com.