

## Berks County Programs

Creating Lasting Family Connections programs are currently being offered at the following Berks County locations:

- Berks County Children and Youth Services
- Berks Counseling Center
- Community Alliance Reinvestment Endeavor, Inc.
- Berks Advocates Against Violence
- PAL Unit of the Olivet Boys and Girls Club

If you are interested in the Creating Lasting Family Connections Program, please contact Rebecca D. Reinhart, Prevention Program Supervisor, at the Council on Chemical Abuse at 610-376-8669 or via e-mail at [rreinhart@councilonchemicalabuse.org](mailto:rreinhart@councilonchemicalabuse.org).



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## COUNCIL ON CHEMICAL ABUSE

### Creating Lasting Family Connections

- *Award Winning*
- *Research Validated*
- *Family Tested*

*A comprehensive alcohol and drug abuse prevention and family enrichment program created by COPES, Inc.*

[www.councilonchemicalabuse.org](http://www.councilonchemicalabuse.org)



**610-376-8669**

## The Creating Lasting Family Connections (CLFC) Program

Raising children in today's world is an extremely challenging task. Recent national research has clearly demonstrated that young people need many things in order to face life and to overcome the tough situations that one can reasonably expect to encounter.



The award-winning Creating Lasting Family Connections program:

- Is a structured opportunity for families to improve their ability to provide young people with the skills they need to be successful in today's world.
- Participants are encouraged to improve their personal growth through increasing self-awareness, expression of feelings, interpersonal communication, and self-disclosure.
- Participants are taught social skills, refusal skills, and appropriate alcohol and drug knowledge and beliefs which provide a strong defense against environmental risk factors.
- Participants are also provided opportunities to practice these skills in a safe group setting
- The program is free of charge, but will require an investment of time and energy on the part of parents and youth.

### CLFC Training Programs

**Developing Positive Parental Influences** is a 12 to 16-hour training offered to parents. Participants examine personal and group feelings and attitudes regarding alcohol and drug issues, and take an in-depth look at the dynamics of chemical dependency, the effects on families, and effective prevention approaches.

**Raising Resilient Youth** helps parents in fostering and developing an effective family atmosphere that facilitates healthy relationships by examining effective parenting skills, practicing communication and interaction skills including expressing feelings, listening, and non-judgmental acceptance of others.

**Getting Real: A Communications Training for Parents, Youth, and Families** is a highly interactive training offered to parents, youth, and other caring adults interested in enhancing their relationships by examining their responses to the verbal and non-verbal behavior they experience in their interactions with others.

**Developing a Positive Response** is an alcohol and drug training for youth designed to encourage youth to examine their knowledge, attitudes, beliefs, and skills regarding alcohol and drug issues. It focuses on helping young people become aware of their desires for their personal health, relationships with their peers and family members,



and their yearning for success. Youth begin to build the foundation for increasing their skills in communicating their wishes regarding alcohol and drug issues with their family and friends and to recognize their developmental yearnings

for independence from the negative pressures and behaviors in their social environments.

**Developing Independence and Responsibility** trains youth to examine their current level of personal responsibility in their family life, with an eye toward developing personal independence and responsibility for adulthood.



"Creating Lasting Family Connections has developed practical solutions for serious problems." - Paige M. Brookins, Program Participant