



# Wisconsin Family Wellness

**WHO:** The entire family (childcare provided for children 7 and under) (may be a single family attending with your child)

**WHERE & WHEN:** Available at [www.wisconsinmilitary.org/programs/strong-bonds/](http://www.wisconsinmilitary.org/programs/strong-bonds/)

**COST:** IT'S FREE!

**ATTIRE:** Business Casual

## **DETAILS:**

“**Survivor Skills For Healthy Families**” is a twelve-hour Family Wellness program presented to large groups of families and individuals in a series of six two-hour sessions. Each session is organized around practical guidelines for healthy family interactions which are demonstrated and then practiced with the participants. The six sessions are titled:

- Parents in Healthy Families
- Children in Healthy Families
- Adults working Together in Families – *Adult Relationships*
- As Children Grow – *Change in Health Families*
- Solving Family Problems
- Sex, Drugs, and You: Passing on Your Values to your Children

When families learn together unity is strengthened. Simple rules provide a road map for healthy behavior in a family. Use of role playing to dramatize real life family problems and working through these problems makes the rules believable and applicable. Coaching shows family members how to act

**What Is Family Wellness? *IT IS A WAY OF THINKING***

## **MISSION**

To teach, encourage and support families and those who work with them to promote healthy communities. We teach practical skills based upon proven principles that strengthen, support and empower families.

## **PHILOSOPHY**

- The primary responsibility for the development and well-being of children lies within the family
- Families need new tools to handle the challenges in our present society, and to reclaim their primary role in providing for the healthy development of their members

## **GOALS**

- To empower people to manage their families in health ways
- To provide quality products and services
- To focus on health and competence
- To provide for families, high caliber trainers from their own culture

## **BELIEFS**

- Families want to get along, and need skills to do so
- There are three patterns of how people relate to each other that are seen over and over in healthy families
- Families can learn these skills and apply them in their families
- Families with skills stop problems before they start
- Learning together as a family builds family unity
- Learning together as a family builds community
- All healthy change is built on what already works

### **Participants will learn three basic skills:**

- speak, listen and cooperate
- Six steps to resolving conflict
- Six steps to solving problems (Three patterns that family's use)

### **Each Family will learn:**

- Three ways to encourage one another
- How to build on the strengths in their family
- Six rules for successful family meetings
- Society's rules about abuse and neglect

### **Parents will learn:**

- Three steps for effective discipline
- Make rules that are positive and specific *Adults have to agree on the rules and consequences and support each other in enforcing them*
- Actions that help parents stay in charge
- Four alternatives to physical punishment
- Three ways to develop self-esteem in children
- Ways to encourage and support their children