## **Participant Enrollment Form**

Celebrating Families!™ offers a 16 week skill building educational program for children ages 3 -18 and their parents and caregivers.

## Goal:

To help children and families to be healthy, responsible and addiction free.

## **Objectives:**

1. To break the cycle of addiction in families

**Agency Representative** 

- 2. To decrease participants' use of alcohol and other drugs by increasing their knowledge and use of healthy living skills
- 3. To work with Family Treatment Drug Courts and other agencies that serve children and families impacted by addiction to alcohol and other drugs.

The curriculum incorporates addiction/recovery concepts with healthy family living skills. Each session is fully-scripted with age-appropriate exercises, handouts, and activity sheets. Celebrating Families! teaches valuable life skills.

Se	ssions:		
Session 1: Orientation and Getting Started	Session 9: Chemical Dependency Affects the Whole Family		
Session 2: Healthy Living	Session 10: Goal Setting		
Session 3: Nutrition	Session 11: Making Healthy Choices		
Session 4: Communication	Session 12: Healthy Boundaries		
Session 5: Feelings and-Defenses	Session 13: Healthy Friendships and Relationships		
Session 6: Anger Management	Session 14: How We Learn?		
Session 7: Facts about Alcohol, Tobacco, and Other Drugs	Session 15: Our Uniqueness		
Session 8: Chemical Dependency is a Disease	Session 16: Celebration		
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