



# Strengthening Families

Just because your child is growing up does not mean you have to grow apart. CHR helps families with pre-teens **come together**.

Raising a teenager is almost as hard as becoming one—youth face challenges with school, peer pressure and wanting to fit in. Parents may struggle with the best way to offer guidance. Strengthening Families is a program that helps both parents and youth prepare for teen years. Parents and caregivers develop skills for strengthening family bonds, while youth learn ways to deal with stress and peer pressure in order to avoid negative behaviors and unhealthy habits. Each session incorporates fun activities and games, problem-solving exercises and community projects to encourage communication and time together. There are also discussions to create a support system and allow parents to share experiences.

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## REAL SKILLS FOR REAL HOPE

With Strengthening Families, parents learn how to:

- Encourage good behavior
- Set rules and consequences
- Protect against substance abuse
- Help with peer pressure
- Learn ways to show love and support

Youth learn how to:

- Identify dreams and goals
- Deal with stress
- Follow rules and resist peer pressure
- Handle conflict
- Appreciate parents/caregivers
- Get along with others

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## POSITIVE CHANGE FOR STRONGER FAMILIES

Our seven-week program, designed for Enfield area parents and caregivers of youth ages 10 – 14, is run collaboratively with Enfield Youth Services and DCF. Strengthening Families is nationally and internationally recognized parenting program for high-risk families. This evidence-based family training has been proven to help youth significantly reduce problem behaviors, delinquency and substance abuse, while improving social interactions and school performance. Parents also learn more effective skills while strengthening bonds with their children.

## WE HELP BECAUSE WE CARE

We accept referrals from DCF, service providers and Enfield area parents. We invite you to call CHR's Strengthening Families Program Manager at [1.860.253.5020](tel:1.860.253.5020) ext. 139 for more information or registration.

VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)

LICENSED BY DCF AND DPH, ACCREDITED BY THE JOINT COMMISSION



## WE'RE READY TO HELP

CHR accepts referrals from parents, guardians, family members and friends. We also take referrals from schools, hospitals, private providers, primary care physicians, pediatricians, community agencies and emergency service personnel, to name a few. We also welcome self-referrals.

CHR accepts Medicaid, HUSKY Part A & Part B, Medicare and most major health insurances as partial or full payment for services.

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## A NETWORK OF SUPPORT

### 24-Hour On-Call Emergency Professional Coverage

#### Crisis Intervention and Support

#### Outpatient Services (Adult, Child and Family)

- Clinical and psychiatric assessments
- Evaluation, treatment recommendations and medication management
- Individual, family and group therapy
- Treatment of depression, anxiety and other psychological problems
- Substance abuse assessment and treatment

#### Child and Family Specialty Programs

- Trauma-Focused Cognitive Behavioral Therapy
- Adolescent Community Reinforcement Approach
- Foster Care
- Community Support for Families

#### Child and Family In-Home Services

- Functional Family Therapy
- Intensive In-Home Child & Adolescent Psychiatric Service
- Multi-Dimensional Family Therapy

#### Adult Services

- Intensive Outpatient/IOP Plus
- Residential Substance Abuse Treatment Program
- Community Support and Rehabilitation Programs
- MAT for Opiate Dependence

#### Adult In-Home Services

- Mobile Crisis Response Team
- Assertive Community Treatment

#### Primary Care and Wellness Services

- Whole Health, Behavioral Health Home and Charter Oak Health Center

#### Housing Services

- Residential, Outreach and Supportive Housing Programs
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## CONVENIENT LOCATIONS

### BLOOMFIELD

693 BLOOMFIELD AVENUE, SUITE 101  
BLOOMFIELD • CT 06002

### DANIELSON

71 WESTCOTT ROAD  
DANIELSON • CT 06239

### ENFIELD

153 HAZARD AVENUE  
ENFIELD • CT 06082

### HARTFORD

999 ASYLUM AVENUE, SUITE 502  
HARTFORD • CT 06105

### EAST HARTFORD

474 SCHOOL STREET  
EAST HARTFORD • CT 06108

### CHARTER OAK HEALTH CENTER

21 GRAND STREET  
HARTFORD • CT 06106

### MANCHESTER

THE CENTER FOR HEALTH &  
WELLNESS  
444 CENTER STREET  
MANCHESTER • CT 06040

### MANSFIELD

7B LEDGEBROOK DRIVE  
MANSFIELD • CT 06250

### MIDDLETOWN

955 SOUTH MAIN STREET  
MIDDLETOWN • CT 06457

### NORWICH

55 MAIN STREET, SUITE 410  
NORWICH • CT 06360

### PUTNAM

391 POMFRET STREET  
PUTNAM • CT 06260

### WILLIMANTIC

433 VALLEY STREET  
WILLIMANTIC • CT 06226

### WILLIMANTIC

1491 WEST MAIN STREET  
WILLIMANTIC • CT 06226

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR'S  
ASSESSMENT CENTER AT 1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)