

## Strengthening Families Initiative

Parents learn effective discipline skills and how to build healthy family relationships.



A father and child take part in a nurturing family activity during the Strengthening Families Initiative program.

### About

The Strengthening Families Initiative offers three programs – Nurturing Parenting, Family Wellness and Incarcerated Fathers – to help avert adverse outcomes for family members such as substance abuse, teen pregnancy, failure in school, aggression and delinquency.

#### Nurturing Parenting

This program, funded by a state grant from the New Mexico Human Services Department and a yearly appropriation from the legislature, offers class sessions in various counties throughout the state. Parents and their children learn healthier, more nurturing ways to live together and interact with one another. The classes focus on developing empathy for children's needs, having appropriate expectations of children, supporting children's autonomy and using positive methods of discipline.

#### Family Wellness

This curriculum-based training program helps couples strengthen their relationships and have a more stable and healthy family life. Family educators offer sessions in Doña Ana County and the Albuquerque metro area. The program is funded by a federal grant from the Administration for Children and Families, Office of Family Assistance and a New Mexico State Legislature annual appropriation.

Children 8 years and older are included with the adults for most of the sessions, and childcare is available for younger children.

Family members are taught how to communicate more effectively, cooperate better and solve problems. Parents learn how to be strong leaders and role models. Couples strengthen their values and commitment to each other. Children learn how to really listen and how to cooperate.

#### Incarcerated Fathers

This program uses the Nurturing Parenting curriculum to promote responsible fatherhood through intensive parenting classes that also include education in life skills and domestic violence prevention. The program is funded by a federal grant from the Administration for Children and Families, Office of Family Assistance.

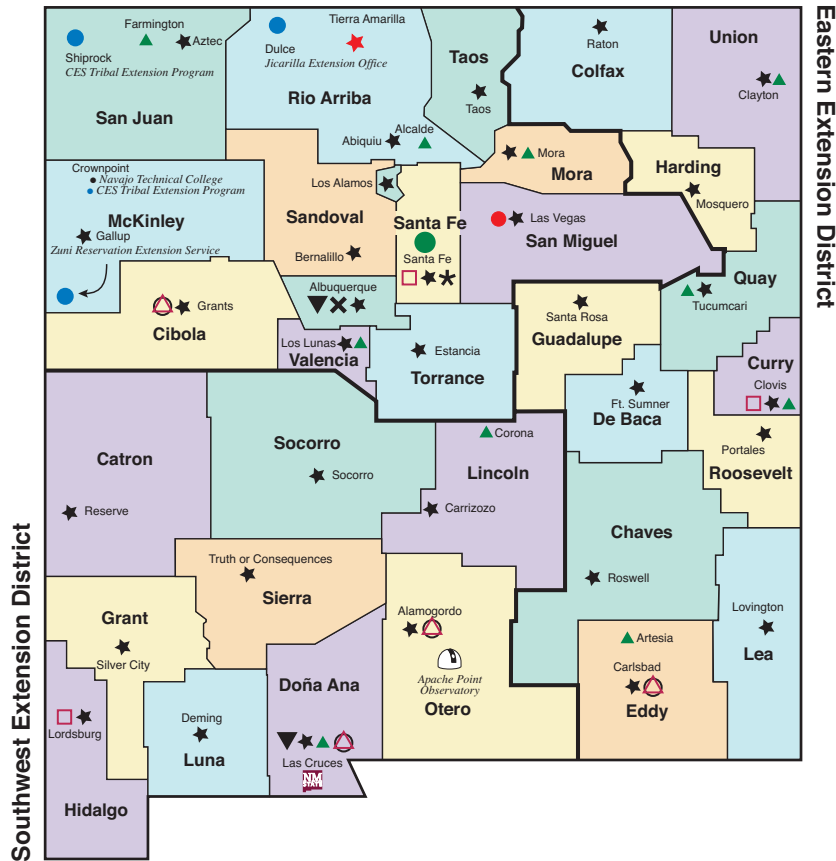
Sessions focus on key parenting concepts such as age-appropriate expectations, parent/child bonding, parenting roles and healthy family communications.

The program includes enhanced family visitations with structured activities. Fathers also connect with their children through expressive family art projects such as praise cards, books and letters.

### Contact

For more information in Southern New Mexico, call (575) 646-1185 or (575) 646-4360 or go to <http://aces.nmsu.edu/ces/sfi>. In Northern New Mexico, call (505) 332-3765 or go to <http://aces.nmsu.edu/ces/sfinorth>.

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