



## COBYS Family Life Education Curriculum Scope



<p><b>Blues Program</b> 6 sessions 1 hour recommended per session</p>	<p>This course is an emotional wellness class for teens with depressive symptoms. Small groups of teens will practice ways to restructure thoughts, increase involvement in fun activities, and develop plans for future life stressors.</p>
<p><b>Family Nurturing</b> 13 sessions One 2-hour session per week for 13 weeks <i>Family Nurturing is an approved program of the Lancaster County Children and Youth Services Agency, and a court approved alternative adjudication program in Lancaster County.</i></p>	<p>Family Nurturing Education and Support Program: A 26-hour, comprehensive program designed to nurture and support parents; this course utilizes the evidence-based Incredible Years Series program, which is proven to enhance positive family relationships and empower parents to make changes to manage their children’s behavior. The Incredible Years program will prepare parents to promote more positive behaviors between parent and child, improve compliance at home and at school, reduce aggression and behavior problems in and out of the home, learn positive and consistent discipline, and gain support that includes other parents.</p> <p>Recommended reading: <i>The Incredible Years, A Trouble-Shooting Guide for Parents of Children Aged 2-8 years old</i>, by Carolyn Webster-Stratton, PhD.</p>
<p><b>Girls Circle</b> 8-week program 1.5-2.0 hours recommended per session</p>	<p>Girls Circle is a structured support group for girls aged 14-18, teaching skills that are designed to increase positive connection, personal and collective strengths, and competence. When girls voice their ideas and opinions in a safe environment, it strengthens their confidence and self-esteem, and encourages them to express themselves more fully. It also helps them critically think through their behavior and choices, raises awareness of their options and strengthens their ability to make choices that are consistent with their values, interests, and talents. The Girls Circle aims to counteract social and interpersonal forces that impede girls’ development by promoting an emotionally safe setting and structure within which girls can develop caring relationships.</p>

<p><b>Guiding Good Choices</b> 5 sessions 2.0 hours recommended per session</p>	<p>An interactive, evidence-based course in which parents of 4<sup>th</sup> to 8<sup>th</sup> graders focus on the transition to adolescence and the "nature and extent of adolescent drug use, and the conditions that help protect against and contribute to adolescent drug use." "Parents will also learn how to hold a family meeting to plan family fun and strengthen family bonding" (quoted from GGC Parent Guide). Youth join the parents on the 3<sup>rd</sup> session to practice peer refusal skills.</p> <p><b>GGC goals include:</b></p> <ul style="list-style-type: none"> <li>• How to Prevent Drug Use in Your Family</li> <li>• Setting Guidelines: How to Develop Healthy Beliefs and Clear Standards</li> <li>• Avoiding Trouble: How to Say No to Drugs</li> <li>• Managing Conflict: How to Control and Express Your Anger Constructively</li> <li>• Involving Everyone: How to Strengthen Family Bonds</li> </ul> <p>GGC supports parents as they clarify family expectations for behavior; enhance conditions to promote close family relationships; and teach skills that allow children to meet the family and community expectation to resist drug use. Opportunities to explore current trends in adolescent behavior.</p>
<p><b>Incredible Years: Incredible Beginnings</b> 9-hour program Hours may be divided into 3-6 sessions</p>	<p>Our Incredible Beginnings program is designed for early childhood education providers. It helps providers learn how to build positive relationships by using goal setting and toddler-directed play, promote language development, social skills, teach emotions, and enhance positive behavior management, including transitions and predictable routines.</p>
<p><b>Incredible Years Series: Parent Training Program</b> 13-18 sessions One 2-hour session per week</p>	<p>An evidence-based parenting program proven to enhance positive family relationships and empower parents to make changes to manage difficult behavior. The Incredible Years program will prepare parents to promote more positive behaviors between parent and child, improve compliance at home and at school, reduce aggression and behavior problems in and out of the home, learn positive and consistent discipline, and gain support that includes other parents.</p> <p>Incredible Years participants focuses on either parent of preschoolers or parents of school-age children.</p>
<p><b>Incredible Years Series: Dina Program</b> 13-18 sessions One 2-hour session per week</p>	<p>An evidence-based small group therapy program for children aged 4-8 with difficult and challenging behaviors. Research results were compiled over a 37-year period, showing a reduction in children's aggressive and disruptive behavior, increase in pro-social behavior,</p>

	<p>more positive conflict management skills, and an increase in problem solving strategies as well as increased emotional literacy. The Dina Dinosaur program utilizes puppet and video modeling, coaching and reinforcement with structured activities, visual imagery, fantasy play, as well as live role plays.</p> <p>Parents will attend the Incredible Years parenting program coinciding with the Dina Dinosaur Program.</p>
<p><b>Incredible Years: Autism and Language Delays Program</b>  11 sessions  One 2-hour session per week</p>	<p>This 11 session program is geared to parents of young children (aged 2-5) on the Autism spectrum or with language delays in order to promote children’s emotional regulation, social competence, language skills, school readiness, and relationships with others.</p> <p>Topics discussed will include:</p> <ul style="list-style-type: none"> <li>• Child-directed narrated play promotes positive relationships</li> <li>• Pre-academic and persistence coaching promotes language development and school readiness</li> <li>• Social coaching promotes friendship skills</li> <li>• Emotion coaching promotes emotional literacy</li> <li>• Pretend play promotes empathy and social skills</li> <li>• Promoting children’s self-regulation skills</li> <li>• Using praise and rewards to motivate children</li> <li>• Limit setting and behavior management</li> </ul>
<p><b>Inspired Parenting Program</b>  6 sessions  One 1 ½ or 2-hour session per week</p>	<p>Inspired Parenting enhances family relationships and empowers parents to encourage positive behaviors, improve compliance, lessen aggression in and out of the home, practice discipline in a positive and consistent manner, and develop a supportive bond with other parents. This program is designed for parents of preschoolers or school-aged children.</p>
<p><b>Kinship Sessions</b>  1 ½ or 2-hour sessions held monthly</p>	<p>Attend groups, information sessions, and family programs for information and support specific to kinship caregivers. Network with other grandparents (or other relatives) that are going through similar experiences.</p>

<p><b>Parenting Wisely (3R's)</b>  1 ½ introductory session, online program completed at own pace  <i>Parenting Wisely is an approved program of the Lancaster County Children and Youth Services Agency, and a court approved alternative adjudication program in Lancaster County.</i></p>	<p>This program provides parents and youth (ages 11-18) with the knowledge, skills, and attitudes to strengthen relationships, promote regular school attendance, and teen responsibility. Participants will be guided through the Parenting Wisely on-line program by a COBYS Family Life Educator.</p> <p>Families will learn to:</p> <ul style="list-style-type: none"> <li>• Strengthen family and school bonds;</li> <li>• Enhance family communications;</li> <li>• Help teens develop responsibility;</li> <li>• Establish family policies against problem behaviors, including truancy, violence, drug and alcohol use, etc.</li> <li>• <i>Parenting Wisely</i>, by Dr. Don Gordon, is an evidence-based curriculum.</li> </ul>
<p><b>Seeking Safety</b>  1 ½ -hour sessions held weekly</p>	<p>Seeking Safety is an evidence-based group therapy program that focuses on coping skills in the present moment. Topics include: safety, stress and trauma, healing from anger, grounding, when substances control you, recovery thinking, community resources, healthy relationships, and boundaries. Participants may join the group at any point and receive a certificate after participating in 10 complete sessions.</p>

## Workshops for Youth and Childcare Ministry Workers

<b>Creating a Sense of Belonging</b>	Help your children’s ministry team create a warm, caring environment that children will love coming to each week! This workshop focuses on specific tools your staff can use to provide an environment in which kids feel safe, loved, and stimulated.
<b>Discipline that Leads to Discipleship</b>	This workshop focuses on giving children’s ministry workers the skills to successfully manage classroom behavior while maintaining positive relationships. Information discussed includes building a plan based on the goals of your children’s ministry, preventing problems, meeting emotional needs, and correcting problem behaviors.
<b>Serving Children with Autism</b>	This workshop focuses specifically on successfully including children with autism into a church classroom setting. Information includes general characteristics of children with autism, such as communication patterns, social interactions, sensory responses, play patterns, strengths, and abilities. Practical tips are given on creating room arrangement, routines, and rewards that will offer a successful church experience for all involved.
<b>Becoming Trauma Informed</b>	Trauma is widespread and leaves long-lasting effects. Trauma can undermine a child’s ability to learn, form relationships, and function appropriately. This workshop gives an overview of childhood trauma, how trauma changes the brain, and how to recognize signs and symptoms of trauma. We will discuss trauma-sensitive practices and explore “next steps” for your group to effectively respond to children and youth exposed to trauma.

## Workshops: 1.5-2.0 hours recommended per session

<b>Becoming Trauma Informed</b>	Trauma is widespread and leaves long-lasting effects. Trauma can undermine a child’s ability to learn, form relationships, and function appropriately. This workshop gives an overview of childhood trauma, how trauma changes the brain, and how to recognize signs and symptoms of trauma. Discuss trauma-sensitive practices and explore “next steps” for your group to effectively respond to children and youth exposed to trauma.
<b>Building Confidence and Self Esteem</b>	This workshop will discuss ways that we as parents can build the self-esteem and confidence of our children. Participants will learn the connection between self-esteem and helping children make positive choices, using praise, giving children responsibilities, and encouraging children to make decisions that are appropriate for their age. The hosting agency may choose the target audience: parents of early childhood (ages 4-7), school age (ages 8-12), or Preteen/teen (ages 13-18) aged children.
<b>Five Love Languages</b>	Based on the Book, <i>The 5 Love Languages</i> , by Dr. Gary Chapman, this workshop discusses the ways we can show love to one another using the five love languages: Words of Affirmation, Quality Time, Receiving Gifts, Acts of Service, and Physical Touch.
<b>Learning Through Play</b>	Learning Through Play will help parents discover the importance of play in children’s lives. The use of play helps children learn skills and strategies in problem solving, cooperation, self-esteem, and attachment. Learn ways to let your child take the lead in play and support them as they learn. Also learn how playing with children encourages their academic, social, and emotional development.
<b>Using the Power of Positive Reinforcement</b>	This workshop discusses how to effectively utilize the power of positive reinforcement to change and maintain our children’s behaviors. Participants practice using praise, encouragement, and social and tangible rewards to change behaviors from negative to positive. This workshop is for parents of preschool and school age children.