

Children's Crisis Treatment Center invites you to participate in

Multiple Family Groups!

WHO: Families with a child or children between 8 and 14 years of age with behavioral challenges and at least one parent or caregiver who will participate in the group with the child

WHAT: Facilitated group discussions and fun activities aimed at increasing learning, support, and encouragement in managing child behavioral difficulties

WHERE: Children's Crisis Treatment Center
1080 N. Delaware Ave. Suite 600
Philadelphia, PA 19125

WHEN: Tuesdays, July 5, 2022-August 30

Once a week for 9 weeks

Time: 4-6 pm

Also included: Snacks, childcare for young children, and day passes for public transportation will be provided.

For more information or to register please contact your clinician or

Stephanie Harmelin **(215)496-0707 x 1139**

email stephanie.harmelin@cctckids.org

What is Multiple Family Group?



Children and families participating in multiple family groups take part in group and family activities together with other families and a trained facilitator. The therapy groups provide a time and space for families to practice togetherness and communication and to build a community of support for caregivers of children with behavioral issues.



The 4 R's and 2 S's for Strengthening Families

- **Rules:** Parents learn to create a system of rules with rewards and consequences to better organize their and their children's lives.
 - **Responsibility:** Children and caregivers explore their responsibilities within their families and ways to use their roles to strengthen and improve their families.
- **Relationships:** Children and family members learn to build more positive relationships with one another and to better show their care for one another.
- **Respectful Communication:** Families learn to communicate respectfully so that children and parents feel supported and in tune with each other's emotional and mental needs.
- **Stress:** Families learn how to lessen the negative impacts of stress on caregivers and children.
 - **Social Support:** Families learn to surround themselves with outside sources of support (such as friends, church, or community centers) to better deal with stress.



Benefits:

Participation in Multiple Family groups has shown:

- Improvement in family relationships
 - Better family communication
 - Behavioral improvement in children
- Better stress management among caregivers and children
 - More positive parent-child interactions

