

Healthy Families Program

Available to all parents who are interested in *strengthening their families!*

The Healthy Families Program begins Thursday, January 25, 2018 at 270 Columbia Road, Dorchester. It is a FREE 8 week program that meets every Thursday from 5:30 pm to 7:30 pm, dinner and child care will be provided.

The program consists of the following components:

- Parenting skills
- Gang prevention and intervention
- How to identify and cope with trauma
- Understanding mental health
- The effects of substance abuse
- Overcoming domestic violence
- Bullying/social media/sexting
- Healthy relations and sexual health/self care
- The court system
- Awarding certificate

This program is available to all parents. However, the curriculum is designed for parents of preteens and adolescents.

For more information contact:

Boston Police Department
District C11 Community Service Office
40 Gibson St. Dorchester Ma 02122
617-343-6418

Hosted by: Mass Housing, Boston Police Department C-11,
Lilla Frederick Pilot middle School, Bird St. Community Center

