

## **Strengthening Family Relationships: A Workshop for Parenting Adults**

**Parents and families do a lot of things right when it comes to raising children.** Unfortunately, parents rarely stop to think about what they're doing right and why that really matters for their kids. Based on a new research on America's diverse families, this workshop introduces a framework of key family strengths that highlight five dimensions of family life that really matter. Participants will learn about

- Developmental Relationships, including ways families . . .
  - Express CARE
  - CHALLENGE Growth
  - Provide SUPPORT
  - Expand POSSIBILITIES
  - Share POWER
- Routines and Traditions
- Community Connections

During the workshop, participants will

- Reflect on their own family's strengths—and why they matter
- Brainstorm how they can cultivate strengths in their families through shared activities
- Discover resources and supports in their lives for enhancing their family's strengths
- Identify ways they can become advocates and leaders for themselves and their children based on their priorities and family's strengths

### **Format:**

2-hour workshop

### **Facilitator:**

- Eugene Roehlkepartain
- Amy K. Syvertsen
- James Conway

### **Who should attend:**

- Parenting adults
- Professionals and community members seeking to support families

**1-800-888-7828 ext. 526**

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