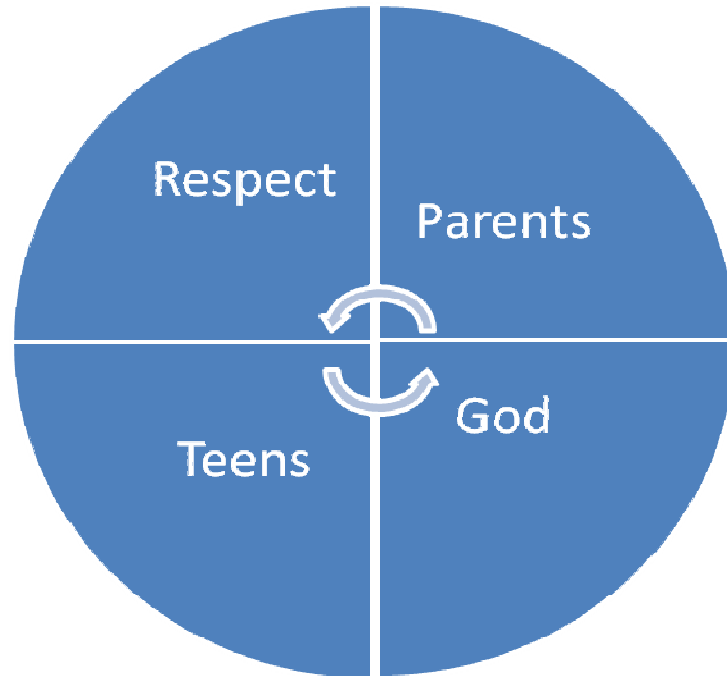


# **FULL CIRCLE**

## **SUPPORT FOR PARENTS AND TEENAGERS**



A six week program to support families with teenagers  
Once a week meetings with parents and teens on separate nights  
Building strong relationships based on mutual respect, communication, and God  
**OFFERED IN ENGLISH AND SPANISH**

### **Parent Nights**

- Healthy Relationships
- Discipline with Love
- Hopes and Dreams for their Children
- Obstacles Parents Face
- Drugs / Alcohol and Consequences
- Parents as leaders

### **Teen Nights**

- Relationships
- Healthy Choices / Behavior
- Coping Skills
- Future
- Consequences of Drugs
- Spirituality

**Sponsored by St. Raphael's Youth Ministry**  
**Call John at 964-3466 ext 1 for more information**

# **FULL CIRCLE**

## **SUPPORT FOR PARENTS AND TEENAGERS**

### **Mission:**

Full Circle is a support group for parents and their teens who are interested in building open communication, mutual respect, and an awareness of God in order to build strong healthy relationships. By working specifically with the parents and their teenagers on different nights, Full Circle aims to help parents and teenagers realize their personal and spiritual, and relational potential. A group of 8-10 Parents and Teens are selected for the 6 week program. This program is offered in English and Spanish.

### **PARENTS:**

The specific and primary purpose for which this group was formed is to provide parents with support as they navigate their way through the often turbulent teenage years . This group will provide parents with tools to parent their child providing structure, love, and discipline in a way that builds a healthy relationship with their teenager.

## **FULL CIRCLE (Parents)**

### **SIX WEEK CURRICULUM**

1. HEALTHY RELATIONSHIPS/HEALTHY FAMILIES (CREATING A HEALTHY ENVIRONMENT AT HOME)
2. HOW TO DISCIPLINE AND LOVE YOUR CHILDREN AT HOME (PARENTS BEING THE GOOD EXAMPLE)
3. PARENT'S HOPES AND DREAMS FOR THEIR CHILDREN (WHAT VALUES DO PARENTS WANT TO TEACH THEIR CHILDREN)
4. OBSTACLES FACED BY THE PARENTS (DROPOUTS, INCARCERATION, GANGS, RUNAWAYS)
5. DRUGS/ALCOHOL AND ITS CONSEQUENCES
6. PARENTS AS LEADERS

### **TEENAGERS:**

The primary purpose of the teen group is to provide teenagers with the opportunity to explore and share their struggles and difficulties in a supportive accepting atmosphere. The teen group will explore the difficulties and challenges that teens are faced with in today's culture, guiding them to make healthy choices and build positive relationships with their peers and their parents

# **FULL CIRCLE**

## **SUPPORT FOR PARENTS AND TEENAGERS**

### **FULL CIRCLE (Teens)**

#### SIX WEEK CURRICULUM

1. Relationships;
  - a. With Parents
  - b. With Brothers and Sisters
  - c. With Teachers
  - d. With Peers
  - e. With Girlfriends/Boyfriends
  - f. With God
  - g. What does it mean to be a Man/Woman?
  
2. Healthy Behaviors/Healthy Choices    Unhealthy Behaviors/Wrong Choices and its Consequences
  - a. trouble at home
  - b. trouble in relationships
  - c. sexually active (Teen Mom/Teen Dad)
  - d. joining a gang/tagging
  - e. cutting classes/no motivation/no homework
  - f. trouble with parents
  - g. depression
  - h. Getting a part-time/Staying busy/After school curriculum
  
3. Coping Skills    How do you cope with life?
  - a. Friends?
  - b. Pressure
  - c. Bad Influence
  - d. uncomfortable home environment
  - e. Counseling
  - f. Mentoring Big Brother/Big Sister
  
4. Education
  - a. Planning a future
  - b. The importance of Education
  - c. The importance of Graduating
  - d. The importance of Finishing School
  - e. The importance of going to college
  - f. The importance of going to University
  - g. The importance of going to Church

# **FULL CIRCLE**

## ***SUPPORT FOR PARENTS AND TEENAGERS***

5. Use of Drugs and Alcohol and its consequences
  - a. Identifying drugs and its consequences
  - b. The damages of alcohol in the family
  - c. The damages of alcohol in the body
  - d. Marijuana, Crystal Meth, Pain killers
  - e. Consequences of starting using when young
  
6. Spiritually
  - a. Spiritually as an adult
  - b. Walking with God
  - c. Making a gift for Mom / Dad

### **ABOUT US:**

**St. Raphael's Confirmation and LIFE TEEN Ministry is a Catholic Ministry that serves High School Teenagers throughout the city of Santa Barbara and Goleta. Through this ministry teens have the opportunity to grow spiritually, socially, and by serving others.**

**Confirmation Candidates and High School students learn and experience the Catholic faith by formal and informal teachings, retreat weekends, our 5Day Summer Camp, Youth Days, Service Projects, and our 5:30 Sunday Evening LIFE TEEN Mass.**