

STRONG

AFRICAN AMERICAN FAMILIES

What to Expect During the Program



All Families Have Strength.

Strong African American Families (SAAF) is an evidence based program designed to advance the well-being of African American Families by strengthening family relationships and building on the strengths of each family.

The program is designed for youth aged 10-14 and their caregivers and emphasizes helping young people avoid risky and dangerous behaviors.

Program Benefits Include: building a strong **network**, access to **resources** in the community and an increased **knowledge** of culturally relevant parenting techniques.

What Does a Night in the SAAF Program Look Like?

- ▶ **5:30PM** | Families Arrive & Eat Dinner
- ▶ **6:00PM** | Youth & Caregiver Sessions
- ▶ **7:00PM** | Family Session with Engaging Activities
- ▶ **8:00PM** | Session ends

Program runs 1 night per week for 7 consecutive weeks.

Incentives

- ▶ Gift Cards
- ▶ Free Meals
- ▶ Childcare
- ▶ Graduation Certificate
- ▶ Transportation Available
- ▶ Family Bonding



SAAF FACILITATORS PROVIDE A SAFE, WELCOMING ENVIRONMENT

What Has Your Community Said About SAAF?

- ◆ "SAAF helped me discuss situations with my caretaker that I could not do prior to SAAF"
- ◆ "I was comfortable sharing my thoughts and was able to express myself"
- ◆ "My willpower is stronger. I am getting back to African art and reflect on how I feel about myself."
- ◆ "I now set the tone with my kids instead of yelling."

What we ask from you:

- ◆ What is said in SAAF, stays in SAAF
- ◆ Attend at least 5 sessions
- ◆ Arrive on time
- ◆ Contact us if you will be late or can't attend
- ◆ Participate in SAAF session activities
- ◆ If you're sick, stay home safe & notify us

We Can't Wait to Meet Your Family, Sign Up Now!

**Call us to sign up and we will accommodate you in a group that works for your schedule.*

For More Information or To Enroll:
Please contact Liz Guillen at 401-324-9511 or by
email at elizabeth_guillen@cycprovidence.org