

Building Healthy Relationships

Beginning January, 2016 Phoenix Associates will be providing an informative and therapeutic program to benefit teens of this community. Building Healthy Relationships was developed to assist both teen males and females to safely navigate relationships as they move to adulthood. The topics follow current areas of concerns and responsibilities presented to teens growing up in today's society.

The group will take place at Phoenix Associates on Thursdays from 5:00 to 6:30pm. Teens and parents attend the first hour together while the last 30 minutes the teens and parents will separate into two groups. This format will allow for processing, disclosure and questions. Snacks and drinks will be provided as well as a celebration meal at the conclusion.

Week 1	Introduction to Dating and Sexual Violence
Week 2	Healthy Vs Unhealthy Relationships
Week 3	Communication and Empowerment Strategies
Week 4	Consequences-Medical, Physical, Emotional, Social
Week 5	Legal Definitions; Project Introduction
Week 6	Internet/Social Media Awareness and Safety
Week 7	Prevention and Responsible Choices
Week 8	Project Presentation/Summary of Learning

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