Building Strong Families
Challenges and Choices Program
A Whole Family Approach

COMMUNITY AND FAMILY TIES
- Caring and Appreciation
- Time Together
- Encouragement
- Commitment
- Communication
- Spirituality
- Clear Roles
- Coping with Change
- House
- Child Self-Care
- Kids & Self-Esteem

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Families in Action

- Take care of the car?
- Do fun things like play games and laugh?
- Fix things when they are broken?
- Get food ready to eat?
- Water the plants?
- Take care of the children?
- Earn money?
- Drive you where you need to go?
- Wash dishes?
- Take care of pets?
- Buy food?
- Tuck you in bed at night?
- Give you a hug when you are sad?
- Keep the house clean?
- Earn money?
- Take care of pets?
- Wash clothes?