

SAFE Hosts Workshops To Empower Parents

SUBMITTED BY SAFE, INC.

Most parents want to parent well but have not been given the necessary skills or support to do so. Parents have well-founded fears in regard to the decisions their children will make when they become teenagers on issues such as: alcohol and drug use, underage drinking and driving, teen pregnancy, and depression, which continue to remain at high levels nationally.

Fortunately, parental influence remains one of the strongest factors on influencing a child's decision. Since 2003, Substance Abuse Free Environment (SAFE), Inc. has provided evidence-based parent workshops in Spanish and English once a week, over an eight week span, to empower parents in becoming effective agents of change for their families and the community.

"The program is funded and supported by a grant through the New York State Office of Alcoholism and Substance Abuse that aims to

equip parents with practical and updated techniques that will make their families run more smoothly, and increase their confidence in parenting," says Dr. Sharon E. Harris, executive director of SAFE, Inc. "It combines video workbook activities and discussion to help parents raise responsible, cooperative children who are able to resist negative peer pressure and successfully achieve developmental milestones. Parents also learn valuable communication and character building skills that will help them through the challenging teen years. The program also provides parents with positive, non-violent discipline techniques and effective coping skills."

Laurent Caballero, SAFE's Bilingual Outreach Worker and Coalition's Parent Committee Chair, has facilitated these workshops throughout the district. "Through the program, I have seen parents from the Spanish speaking community develop more knowledge & skills, become more active in the



Laurent Caballero, SAFE's Bilingual Outreach Worker, with parents from SAFE's parenting program.

Glen Cove community, and gain the confidence they need to take home and parent their children," says Caballero.

Parenting workshops will be made available in the spring in both English and in Spanish.

For more information regarding parenting workshops, SAFE, Inc. and the Glen Cove PRIDE Project Coalition, contact the SAFE, Inc. office at 516- 676-2008. To view SAFE, Inc.'s public service announcement, visit www.safeglencove.org.

