



Our Mission...

Helping people, changing lives and making our community a better place to live by providing resources and services that inspire personal growth and independence.

Our Vision...

By 2015, CAPMC will be recognized as a premier social service agency that eliminates the effects of poverty by helping people obtain the knowledge and skills to achieve self-reliance and economic stability... one life at a time.

Our Promise...

Community Action changes people's lives, embodies the spirit of home, improves communities, and makes America a better place to live, We care about the entire community, and are dedicated to helping people help themselves and each other.



Contact Us

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Strengthening Families Program



Sharing
the Spirit of Hope,
One Family at a
Time.



Program Requirements

Strengthening Families is offered throughout the year for families who are referred to us by the following agencies:

- Social Service Department
- Madera Superior Court
- Madera Head Start



About the Program

Strengthening Families Program is a fourteen-week evidence based family skills training program found to significantly improve parenting skills and family relationships. The benefits of the program are to improve children's behavior, social skills, reduce child depression, aggression and enhance family functioning. As a result it reduces delinquency, alcohol and drug abuse in children and improves school performance. Child maltreatment prevented as parents strengthen bonds with their children and learn more effective parenting skills.

Class Schedule

MONDAY	TUESDAY	THURSDAY	FRIDAY
English	Spanish	English	English
Virtual	In-Person	Virtual	In-person



Session Topics

Strengthening Families Program includes, but not limited to the following topics:

- ♦ Parenting Life Skills
- ♦ Social rewards for “good behavior”
- ♦ Effective discipline
- ♦ Clear communication
- ♦ Children's Life Skills
- ♦ Social and life skills
- ♦ Effective communication
- ♦ Problem-solving and coping Skills
- ♦ Family Life Skills
- ♦ Therapeutic Child Play
- ♦ Family meetings
- ♦ Plan family activities

