



# Reaching Out

**Norristown Area Communities That Care for Youth**

**Keeping Youth Safe & Drug Free**

**Winter 2014**

## **The Strengthening Families Program is Here!**

*By Alissa McBride, MSW, Community Prevention Coordinator*

The Strengthening Families Program (SFP) has arrived in our schools and community. This exciting new program is designed for strong and loving families to work and have fun together. It provides parents and youth (ages 10-14) with the opportunity to reinforce positive communication, family bonding and joint problem solving.



**SFP is FREE! Dinner and childcare for younger siblings is provided for FREE!**

### **WHAT TO EXPECT:**

- A seven week program that meets one night a week.
- Each session begins with a free family meal.
- Free childcare for younger siblings.
- Each week during the first hour, parents and youth meet separately but work on similar skills.
- Each week during the second hour youth and parents **have fun together** as they play games and do family projects.
- Youth sessions include discussions, group skill practice and games.
- Parent sessions include video presentations, group discussions and skill building activities.

Join us to learn more about...

#### **For Parents**

Setting reasonable limits  
 Encouraging good behavior  
 Using effective consequences  
 Protecting against risks  
 Sharing expectations

#### **For Youth**

Setting and reaching goals  
 Appreciating parents  
 Managing stress  
 Following rules  
 Resisting peer pressure

#### **For Families**

Supporting goals and dreams  
 Solving problems together  
 Building family communication  
 Sharing family values

For more information, contact Julia Shemeley at [jshemeley@fsmontco.org](mailto:jshemeley@fsmontco.org) or 610-630-2111 ext. 228.

**DEVELOP SKILLS TO HELP YOUR CHILD SUCCEED DURING THE TEEN YEARS!**

## **Norristown Area Places to Visit During the Winter**

*By Viviann Schorle, MA, Prevention Services Facilitator*

### **The Arts**

**ACPPA Community Art Center**, 506 Haws Avenue, Norristown, PA 19401  
610-277-2270, [www.acppa.net](http://www.acppa.net)  
[www.facebook.com/Norristownart](https://www.facebook.com/Norristownart)  
Classes, camps, workshops, visual arts, music, drama, dance, and outreach

**The Centre Theater Performance Venue**, 208 DeKalb Street, Norristown, PA 19401  
610-279-1013, [www.artsc.org](http://www.artsc.org)  
[www.facebook.com/Centretheater](https://www.facebook.com/Centretheater)  
Theater productions, workshops, summer camps

**Theatre Horizon**, 401 DeKalb Street, Norristown, PA 19401  
610-283-2230, [www.theatrehorizon.org](http://www.theatrehorizon.org)  
[www.facebook.com/theatrehorizon](https://www.facebook.com/theatrehorizon)  
Theater productions/acting classes, workshops, drama programs, after-school drama club, summer camp and student matinees

**The Norristown Chorale**  
[www.norristownchorale.com](http://www.norristownchorale.com)  
[www.facebook.com/TheNorristownChorale](https://www.facebook.com/TheNorristownChorale)  
They rehearse at First Baptist Church, 445 Burnside Avenue, Eagleville. Contact to join. Come, sing and have some fun!

### **Community Centers**

**Greater Norristown Police Athletic League (GNPAL)**, 340 Harding Boulevard, Norristown, PA 19401  
610-278-8040, [www.greaternorristownpal.org](http://www.greaternorristownpal.org)  
[www.facebook.com/GreaterNorristownpal](https://www.facebook.com/GreaterNorristownpal)  
This is a volunteer organization serving youth and families in the greater Norristown community with recreational, educational and cultural programs addressing citizenship, self-esteem, avoidance of substance abuse, and respect for law and order.

**George Washington Carver Community Center**, 249 Jacoby Street, Norristown, PA 19401  
610-277-7260, [www.gwcarvercenter.org](http://www.gwcarvercenter.org)  
[www.facebook.com/GWCarverCommunityCenter](https://www.facebook.com/GWCarverCommunityCenter)  
To provide, foster, encourage recreation, education and principles of good citizenship among the youth and adults in the community.

**CCATE (Center for Culture, Art, Training, and Education)**, 329 East Main Street, Norristown, PA 19401  
(Inside the Partners for Families Building)  
484-685-3633, [www.ccate.org](http://www.ccate.org)  
Mission is to empower the Hispanic Community through promotion of culture, arts, education and work training. They offer traditional Mexican dance, after-school programs, and computer labs.

## How to Beat the Winter Blues

By Julia Shemeley, M.Ed., Program Coordinator

The days are shorter and the temperature drops. As we find ourselves stuck indoors with children complaining of boredom and bickering among themselves, many of us develop a case of the winter blues. We long for warm weather and count the days until it returns.

Winter doesn't have to be so bad! Here are some ways your family can avoid cabin fever while strengthening family bonds.

### Hibernate together!

- Plan a family game night and take turns picking the board game.
- Get the photos you took over the last year together and make a 2013 scrapbook. Or pick a holiday or vacation and devote a scrapbook to it.
- Have a slumber party! The entire family bunks together in the living room, making popcorn, picking a movie and hunkering down for the night.



### Get moving indoors!

- Crank up your favorite tunes and have a dance party.
- Get out your Wii or other gaming console and play interactive games.
- Play a good old fashioned round of charades.

### Eat!

- Spread out a blanket in the living room and have an indoor picnic with your favorite foods.
- Cook together as a family. Take turns picking out a new recipe and everyone pitches in. The little ones can mix and the older ones can measure or even chop ingredients.



### Embrace the season!

- There are many clear winter nights, so bundle up, make some hot chocolate and head outside to see the stars and look for constellations.
- Have fun in the snow! Go sledding, have a snowball fight or build a snowman.

**Who can find the time to keep up with their kids lives?**

**[www.FindYour25thHour.org](http://www.FindYour25thHour.org)**



**Communities That Care (CTC)** is a risk-focused approach to reducing adolescent problem behaviors through community mobilization and planning. Local citizens and community leaders work together to identify the risk factors that increase the likelihood of problem behaviors developing and enhance the protective factors that can shield youngsters from problems. The risk and protective factors are used to implement a comprehensive plan to step ahead of the problems with far-reaching and long-lasting solutions.

*Keeping Youth Safe & Drug Free*

Communities That Care, 3125 Ridge Pike, Norristown, PA 19403

610-630-2111 ext. 236

[www.NorristownCTC.org](http://www.NorristownCTC.org)

[info@norristownctc.org](mailto:info@norristownctc.org)

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Want to stay up-to-date on the latest Norristown CTC news and events?  
Connect with us on Facebook!

[www.facebook.com/NorristownCTC](http://www.facebook.com/NorristownCTC)

## How to Help Your Children Succeed on Standardized Tests

*By Julia Shemeley, M.Ed., Program Coordinator*

As legislators strive to develop more effective ways to measure and improve student achievement, standardized tests are playing a larger role in our children's education. For middle school students, testing begins as early as February.

While the best way to impact your child's performance is to provide them with daily assistance with homework, ensure good attendance, and promote a positive attitude toward school, here are some additional tips for dealing with testing when the time comes.



- **Optimize brain power.** Make sure they get a good night's sleep and eat a nutritious breakfast.
- **Relax.** Avoid overscheduling your child with activities or appointments during test time. Keep evenings at home relaxed.
- **Be prepared.** Make sure they have whatever they need...pencils, erasers, calculators.
- **Be supportive.** Remain positive and emphasize that tests are important, but a test score does not determine their value.