

Transitional Shelter Program

PROGRAMS FOR MOTHERS

COUNSELING -

ADMINISTERED BY INTERN STUDENTS WORKING ON MASTERS DEGREE IN SOCIAL SERVICES OR PSYCHOLOGY UNDER SUPERVISION OF A LICENSED CLINICAL PSYCHOLOGIST, MFT, OR LCSW.

HOUSEKEEPING DISCIPLINE - MOTHER'S ARE TAUGHT HOW TO RUN A HOME BY BEING GIVEN SPECIFIC RESPONSIBILITIES: CHORES, MENU PLANNING, AND FOOD PREPARATION DURING THEIR STAY AT THE ELI HOME WHICH MUST BE DONE DAILY AND IN A TIMELY MANNER. ALL IS DONE UNDER SUPERVISION OF A HOUSE MANAGER.

LIFE SKILLS – CLIENTS WORK TOGETHER WITH A CASEWORKER TO SET UP BUDGET PLAN, 40% SAVINGS PROGRAM, JOB SKILLS ASSESSMENT AND INTEGRATION INTO THE WORK FORCE. .

SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING (STEP) -

TAUGHT TO MOTHERS IN THE ELI HOME TO INTRODUCE HEALTHY ALTERNATIVE PARENTING SKILLS. MOTHERS "LIVE OUT" THE LESSONS LEARNED WITH INTERACTION WITH CHILDREN IN A MONITORED ENVIRONMENT.

MOMMY AND ME/ONE-ON-ONE TIME -

PROGRAM FOCUSES ON TEACHING HEALTHY PARENT/CHILDREN INTERACTION SKILLS.

TOUCHING GAMES – Games that focus on appropriate touch that is essential to parent/child bonding. (all ages)

TAKING “NO” FOR AN ANSWER- Interactive games that help teach children to listen, solve their own problems, keep their promises, do their chores and follow directions. (Ages 2-12)

RECOVERY FROM FAMILY DYSFUNCTION – CLIENTS LOOK HONESTLY AT FAMILY PATTERNS THEY EXPERIENCED AS A CHILD AND YOUNG ADULT AND WORK ON CHANGING FAULTY BELIEF SYSTEMS THAT HAVE DEVELOPED OVER TIME.

THE PURPOSE DRIVEN LIFE-WHAT ON EARTH AM I HERE FOR? 2 HRS PER WEEK, 6-WEEKS

RAISING CHILDREN IN TROUBLED TIMES – PARENTING (VIDEO SERIES) – 1 ½ HRS A WEEK

CHANGES THAT HEAL-HOW TO UNDERSTAND YOUR PAST TO ENSURE A HEALTHIER FUTURE-16-WEEK STUDY BOOK & WORKBOOK

BOUNDARIES-WHEN TO SAY YES, WHEN TO SAY NO TO TAKE CONTROL OF YOUR LIFE-16-WEEK STUDY BOOK & WORKBOOK

THE FIVE LOVE LANGUAGES OF CHILDREN-PARENTING- 13-VIDEO, BOOK & WORKBOOK.

SAFE PEOPLE-HOW TO FIND RELATIONSHIPS THAT ARE GOOD FOR LYOU.-13-WEEK BOOK & WORKBOOK

CHILDREN'S PROGRAMS

COUNSELING -

ADMINISTERED BY INTERN STUDENTS WORKING ON MASTERS DEGREE IN SOCIAL SERVICES OR PSYCHOLOGY UNDER SUPERVISION OF A LICENSED CLINICAL PSYCHOLOGIST, MFT, LCSW.

BODY RIGHTS – TEACHES CHILDREN (Ages 4-12) CORRECT

SOCIAL SKILLS INCLUDING SELF-ESTEEM, BOUNDARIES, AND RESPECT FOR THEMSELVES AND OTHERS. GIVES INSTRUCTION ON HOW TO GET HELP IF THEY ARE BEING TREATED IN AN IMPROPER MANNER. – 1 HOUR SESSION TWICE A WEEK FOR 4 WEEKS

DEALING WITH FEELINGS– HELPS CHILDREN LEARN TO

EXPLORE AND COMMUNICATE FEELINGS – 1/2 HOUR A WEEK FOR 4 WEEKS (Ages 3-12)

OVERHEATING– BOARD GAME AND

LESSON PLAN - CHILDREN EARN POINTS BY GIVING GOOD ADVICE ON DEALING WITH FRUSTRATING AND ANGER-PROVOKING SITUATIONS. 1/2 HR A WEEK 4-WEEKS (Ages 5-12)

GETTING ALONG

TEACHES CHILDREN PROBLEM SOLVING SKILLS AND APPROPRIATE SOCIAL INTERACTION (INTOLERANCE, TEASING, DISRESPECT FOR OTHER'S PROPERTY, AND FIGHTING VIOLENT PLAY, SELFISHNESS, BOSSINESS, BULLYING, DISRESPECT FOR PUBLIC PROPERTY, OVER-COMPETITIVENESS AND POOR SPORTSMANSHIP). 1 HOURS A WEEK, 12-WEEKS (Ages 4-12)

THE TALKING, FEELING AND DOING GAME- THIS GAME ASSISTS

STAFF/COUNSELOR IN LEARNING MORE ABOUT THE CHILD CLIENT'S PSYCHOLOGICAL PROCESSES IN A NON-THREATENING WAY, REVEALING THINGS ABOUT THEMSELVES THAT MIGHT OTHERWISE CAUSE PAIN, ANXIETY, SHAME, OR GUILT. (Ages 4-15).

THE COPING SKILLS GAME- THIS PROGRAM TEACHES KIDS TO DEAL WITH

REAL-LIFE CRISES, FEELINGS, ADJUST THEIR ATTITUDE, DISCOVER CHOICES, AND HOW TO ACCEPT IMPERFECTION. (Ages 7-12)

A VOLCANO IN MY TUMMY – HELPS CHILDREN 6 TO 12 YEARS OLD HANDLE

THEIR ANGER SO THEY CAN LIVE SUCCESSFULLY, HEALTHILY, HAPPILY AND NONVIOLENTLY, WITH MOTIVATION, WITHOUT FEAR AND WITH GOOD RELATIONSHIPS.

MIND YOUR MANNERS-GAME HELPS CHILDREN LEARN TO BEHAVE IN A CONSIDERATE WAY AT HOME, AT SCHOOL, AND IN THE COMMUNITY. CARDS DEPICT CLASSROOM COURTESY, TABLE MANNERS, POLITE LANGUAGE, HONESTY, THOUGHTFULNESS, SPORTSMANSHIP, GROOMING, PUNCTUALITY AND MORE. AGES 4-12YRS

TODDLER FEELINGS/INTERACTION-CONSISTS OF ACTIVITIES DERIVED FROM DEVELOPMENTAL MILESTONES TO HELP ENHANCE CHILD DEVELOPMENT. AGES 0-36MONTHS

HELPING SHARING CARING-PROMOTES THE DEVELOPMENT OF CRITICAL SOCIAL SKILLS IN THE HOME & CLASSROOM. Ages 4-12yrs

TALK BLOCK-A FUN & PRACTICAL WAY TO COMMUNICATE. Ages 3-113yrs

USE YOUR I'S-A GAME THAT TEACHES CHILDREN HOW TO EXPRESS THEIR FEELINGS USING "I-MESSAGES AGES 5-12YRS

PEACE PATH- DESIGNED FOR CHILDREN FROM VIOLENT, ABUSIVE OR

DYSFUNCTIONAL FAMILIES. THIS UNIQUE GAME NOT ONLY TEACHES ALTERNATIVES TO VIOLENT BEHAVIOR BUT ALSO ADDRESSES THE MORE IMMEDIATE ISSUE OF WHAT THE CHILD SHOULD DO AT THE MOMENT VIOLENCE IS OCCURRING. IT HELPS CHILDREN LEARN TO PLAN FOR THEIR OWN SAFETY, USE ASSERTIVENESS (RATHER THAN AGGRESSION) TO SOLVE PROBLEMS, EXPRESS THEIR FEELINGS, AND RAISE THEIR SELF-ESTEEM. AGES 6-12YRS

SAFETY ISLAND-TEACHES A WIDE RANGE OF SAFETY GUIDELINES TO CHILDREN (physical & sexual abuse, strangers, internet safety, guns, drugs, water & bicycle safety.) Ages 5-12yrs