

Sunshine

Alternative Education & Prevention Center

Are you looking for a program that can help build positive social skills and self-esteem for your child? Sunshine offers a variety of family programs to meet a variety of needs.

SafeKids & Leadership Programs – ages 5 through teens



These supportive/educational social skills groups teach participants skills that will help them in a variety of social situations. Monthly Topics include: Friendships & Relationships, Dealing with Bullies and Teasing, Anger Management, Self-esteem and more. Social or Family Events are scheduled monthly. A weekly parent component is provided. Programs meet on Tuesday eve and are divided by age Cost: \$70/month \$25 Reg Fee



Teen Support Groups

This supportive/educational group discusses various topics and challenges facing teens including: Healthy Relationships, School Difficulties, Struggles at Home, Social Challenges, Drug and Alcohol Education and more. Program runs on Wednesday evenings Cost: \$70/month \$25 Reg Fee



Children & Teen Anger Management Workshops

This educational workshop provides tools and skills that will help children/parents understand anger, work through their anger and express their feelings in a healthy, positive way. Programs run in 5-week series pending registration. Weekly parent component enhances skills to better help and support their child. Program runs in 5-week series on Wednesday evenings starting in the fall. Cost \$125/participant \$25 Reg Fee

Parenting Skills Programs – Adult Anger Management Services

Tailored to fit your individual needs. Court Approved for mandated clients. Sessions available day and evening hours by appointment Certificate and Letter of Completion

Calm and Connected: Parenting Kids with ADHD©



How ADHD and Executive Function Deficit impacts learning and behavior, What makes following directions and consistency so challenging, Why attention and discipline alone are not enough to improve performance, and more.

Not Quite Sure What YOU NEED? Call for an IFA:

An Initial Family Assessment allows you to meet with one of our professionals and go over all the programs and services and see which one would fit your current needs. NO CHARGE

Sliding Scale, Discounted Rate, Sponsorships for families in need – Must qualify & apply