

Campora Family Resource Center

900 South Shepherd Street

Winchester, TN 37398

931-967-7825

931-962-3067

For program descriptions contact Eric Vanzant

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Anger Management

Adult Classes: Monday

4:00 -5:00

Teens Classes: Monday

4:00 -5:00

Parenting Classes

Tuesday 10:00 -11:00

Tuesday 4:00-5:00

Teen Empowerment for Girls

Girls Ages: 13-18

Wednesday

4:00-5:00

Boys 2 Men

Life Skills for Boys Ages: 13-18

Wednesday 4:00-5:00



A hand up, not a hand out"

Moral Reconciliation Therapy (MRT)

Tuesday: 5:00-6:45

Sponsored by the F.C. Prevention Coalition

Elementary Tutoring

Tuesday: 3:30-5:00

Thursday: 3:30-5:00

Strengthening Families

Thursday

4:30-7:00

Beginning: February 25, 2016

For families with children ages 10-14

Finance Class

Scheduled as needed

2nd STEP "The Complete Package"

Saturday 9:00 -12:00

4 times yearly

dates TBA

"Nurturing Roots"

Partnered with:



Campora Family Resource Center Program Descriptions

Mission

To provide and coordinate programs that aid in the empowerment, proficiency and development of cohesive family units with school age children.

Anger Management for Adults and Teens: Choice Based Anger is based on the simple assumption that anger is a choice and we choose our response to any person or situation.

Parenting: Parenting skills are taught to parents referred by the Department of Children's Services, local churches, businesses, local court system and self-motivated parents who are interested in obtaining strategies to empower and strengthen their families.

Strengthening Families: The Strengthening Families program is designed to help parents strengthen skills in showing love and setting limits. It helps youth develop skills to effectively cope with peer pressure and strengthens decision making skills providing them with a better chance of having a successful future. The program empowers families to grow together.

Moral Reconciliation Therapy: A program offered through the *Franklin County Prevention Coalition*. MRT is a 12 step program to help participants increase their moral reasoning.

Social Skills/Life Skills: Life Skills for teens are taught weekly at the Franklin County Alternative School to equip teens with reasoning skills needed to make appropriate choices in social situations.

Teen Empowerment Group for Girls: Girls meet weekly to discuss ways of improving their self image.

Boys 2 Men: Boys ages 13-18 meet weekly to discuss the challenges teens face as they transition from a children to men.

Tutoring: Elementary School students receive additional instruction from teachers and high school students in the Franklin County School System, twice weekly to enhance academic performance.

Backpack Program: Food is purchased from the Second Harvest Food Bank, packed in bags, delivered to every school in Franklin County and given to the identified students to help supplement meals during weekends.

Christmas Angel Program: Families in need receive assistance purchasing clothing for children at Christmas.

Resource and Referral: Children and families receive counsel and assistance in finding resources to meet their needs. This service is intended primarily for families with children enrolled in the Franklin County School System.

2nd STEP "THE COMPLETE PACKAGE": This program is designed to help students excel on the field/court, in the classroom and life. We will address topics such as teamwork, attitude, integrity, commitment and how to translate these characteristics to life aspirations. Current and former athletes will speak at each session to student-athletes and parents. Sessions will be held a minimum of four times yearly. Our goal is to help student-athletes realize and take full advantage of current opportunities to insure future success.

- **Campora does not have the financial resources to assist with rent and/or utilities.**