



# DARE To Be You

**DARE To Be You** is a program designed to increase positive interactions between parents and their children, through the exploration and building of self-esteem. **DARE To Be You** allows parents to interact with one another, and share ideas on how to handle stressful everyday parenting situations, in a safe and positive arena.

**DARE To Be You** is offered in 8 sessions covering the following topics: self-esteem and self-concept, expectations and abilities, the child's self esteem, parenting styles, feelings, control, communication and decision making.

The **DARE To Be You** program is based on skills that can help **anyone** learn to value themselves, feel more in control of their lives, improve communications, decide what is best for those involved in situations and follow through with those decisions.

**D**: stands for Decision Making and Reasoning Skills. Learning to identify with personal needs and values. Prioritizing – finding creative alternatives. Setting goals. Linking actions with outcomes. Reasoning at a higher level

**A**: stands for Assertiveness. These skills include sensitivity to personal needs and needs of others, awareness of barriers in communication, techniques to reduce barriers, peer-resistance skills, and skills to enhance social support systems.

**R**: stands for providing good Role Models and learning to assume Responsibility for one's own life (personal control over one's own feelings and actions).

**E**: stands for the (self) Esteem, learning to value one's self, necessary to make the other three possible!

*DARE To Be You meets on Wednesday afternoons from 1:00 to 3:00 at the McGregor office. Our next session starts **March 5<sup>th</sup>**, sign up today!*

*For more information please contact Emily O'Brien at 332-6937 x. 124*

