Program Requirements

We respectfully ask that:

1. Children who participate in the community-based academic strengthening club are:
   - Between 5-10 years old
   - Of American Indian descent

2. Parents who participate in the community and in-home parent and family strengthening program have children who are:
   - Between 2-10 years old
   - Of American Indian descent

Families will be paid $30 for their time to help us

As part of the program services that we offer, we ask families to answer some questions. These questions ask about people's views of their family and child. The answers will help us to determine if the family and child strengthening activities are effective.

Join Today
Space is limited!

For more information, please contact:
Cheryl Benitez
Indian Child and Family Services
1-800-969-4237 ext. 25

Please send all correspondence to:
Indian Child and Family Services
29377 Rancho California Road
Suite 200
Temecula, CA 92591
(800) 969-2437

This project is funded by
The Administration for Children, Youth, and Families
Cahuilla Band of Indians
52701 Hwy. 371
Anza, CA 92539

A federally-funded cultural parent and child strengthening program for American Indian families and communities

Promoting academic motivation and success
Supporting families and communities in raising respectful and happy children
**PROGRAM SERVICES**

**ON RESERVATION SERVICES**
Cahuilla Band of Indians
52701 Hwy 371
Anza, CA 92539

**FAMILIES**

Weekly community group meetings
- Parenting, relationship, and cultural strengthening meetings

Child cultural groups
- For ages 2-10
- Held during the community meetings
- Focused on cultural strengthening

**CHILDREN**

Weekly academic strengthening club
- For K-5th grade children (ages 5-10)
- Focuses on academic strengthening
- Fosters belief in self and self advocacy

**ON OR OFF RESERVATION SERVICES**

**FAMILIES**

In-home parent training sessions
- A parenting skill program that uses cultural videos to put each skill in a context for parents of American Indian children
- Includes 6 months of case management services to support families as they find their way through community services designed to help and support families.

**PROGRAM OBJECTIVES**

Strengthening *Your Child* to Promote

- Academic Skills Strengthening
- Positive Life Journey
- Cooperative Learning
- Respectful Learning
- Academic Motivation
- Belief in Self
- Personal Skills Strengthening

**PROGRAM DESCRIPTIONS**

**CHILD ACADEMIC STRENGTHENING**

This program is a 20-week academic strengthening group for American Indian children in K-5th grade (ages 5-10). In addition to academic skill strengthening, this group includes a focus on visualizing hopes and dreams as motivation for success. Children will participate in academic and emotional strengthening activities to help them move towards their life dreams and increase their belief in self. Children will meet at the Cahuilla Tribal Hall for 2 hours every week. Refreshments are provided.

**COMMUNITY SPIRIT: PARENTS AS DREAMCATCHERS**

This program is a 13-week culturally-centered parent strengthening program with an additional 6 weeks of couple communication strengthening. The weekly group meetings offer a time of community togetherness to improve communication within families and the larger community.

The child cultural groups (ages 2-10) will be held at the same time as the community group meetings. The child groups focus on building and supporting respect, social skills and self-esteem. American Indian storytelling and traditional craft making activities instill pride in children's cultural identities.
**ACADEMIC STRENGTHENING**
for American Indian children

**STRENGTHENING YOUR CHILD TO PROMOTE:**
Academic and Personal Strengthening
Belief in Self
Cooperative and Respectful Learning
Academic Motivation
Positive Life Journey

**STRENGTHENING YOUR FAMILY TO PROMOTE:**
Cultural Strength through Tradition
Parenting Joy
Positive Family Communication
Family Respect

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**Academic and Personal Strengthening**
- Positive Life Journey
- Cooperative and Respectful Learning
- Academic Motivation
- Belief in Self

Strengthening **YOUR FAMILY** to Promote:
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Cultural and parent strengthening for families

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