



**PeaceWay Counseling & Mediation Services, Inc.**  
2405 Bemiss Road, Valdosta GA 31602 / phone (229) 333-2351 / fax(229)333-2353

counseling. We are approved by the Department of Human Resources to provide services to Medicaid clients. We are an approved Community Mental Health Facility: that can provide Community Support Individual (CSI), Group Therapy and Individual Therapy.

## **PCMS FOCUS:**

PCMS is committed to providing quality service to families by displaying integrity, commitment and professionalism (ICP). "Integrity is what we do, what we say and what we say we do." (Don Galer); "Individual commitment to a group effort that is what makes a team work, a company work, a society work and a civilization work." (Vince Lombardi); Professionalism: it's not the job you do, it's how you do the job." (Anonymous)

The Strengthening Families Program will be from 5:30pm to 8:00pm. The family will be served a meal from 5:30 until 6:00pm. Teen and Parents will meet from 6:00 to 7:00 and then followed by Family Group from 7:00-8:00. The first group will meet once a week for the duration of the group.

The Strengthening Families Program (SFP 7-17) is an evidence-based prevention program for parents and children in at-risk families. SFP sessions include all the critical core components of effective evidence-based parenting programs including: parent and child practice time in the family sessions learning positive interactions, communication, and effective discipline. The parenting sessions review appropriate developmental expectations, teach parents to interact positively with children (such as showing enthusiasm and attention for good behavior and letting the child take the lead in play activities, increasing attention and praise for positive children's behaviors, positive family communication including active listening and reducing criticism and sarcasm, family meetings to improve order and organization, and effective and consistent discipline including consequences and time-outs. The children's skills training content includes communication skills to improve parents, peers, and teacher relationships, hopes and dreams, resilience skills, problems solving, peer resistance, feeling identification, anger management and coping skills.

The family practice sessions allow the parents and children time to practice what they learned in their individual sessions in experiential exercises. This is also a time for the four group leaders to coach and encourage family members for improvements in parent/child interactions. The major skills to learn are: 'Our time', similar to therapeutic child play where the parent allows the child to determine the play or recreation activity, Family Meetings and effective communication exercises, and 'Parent Game' or effective discipline. Home practice assignments improve generalization of new behaviors at home.

SFP 7-17 fully meets all US federal agencies' standards for science-based prevention programs and is in 17 countries. SFP 7-17 is culturally sensitive rather than culturally specific, but has also been

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contactus@peacewaycms.com