



AN OVERVIEW OF FAMILY BRIDGES



Barbara A. Linek
Outreach Coordinator

FAMILY BRIDGES

877-41BRIDGE

ABOUT FAMILY BRIDGES

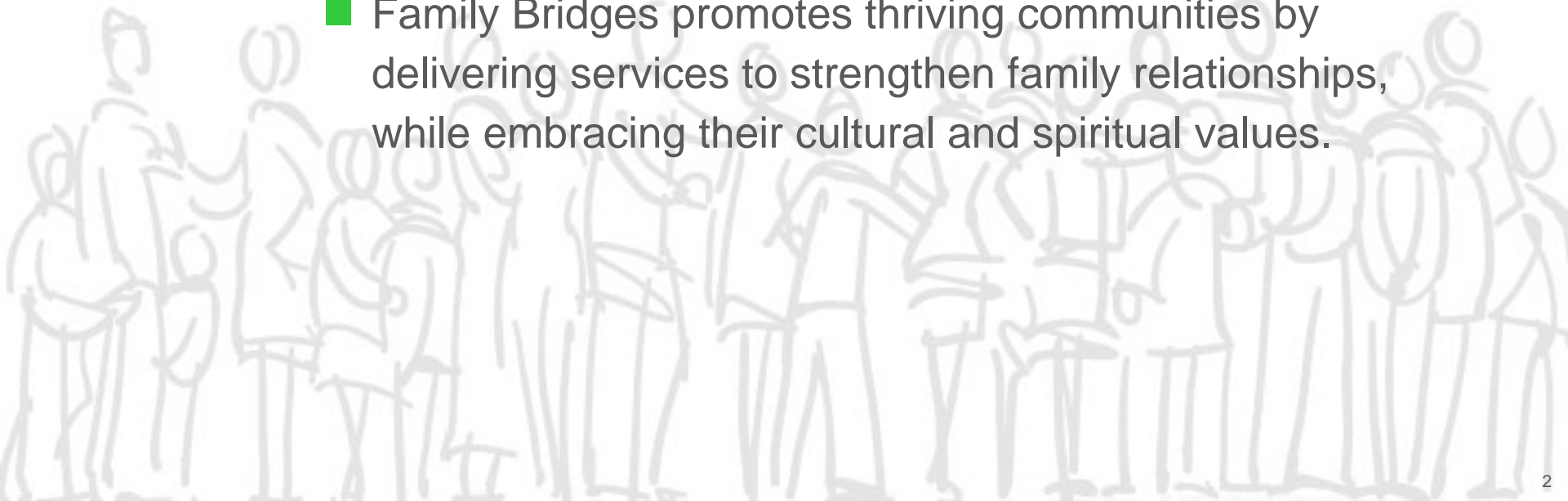


■ Our Vision

- Family Bridges is committed to transforming communities by empowering families.

■ Our Mission

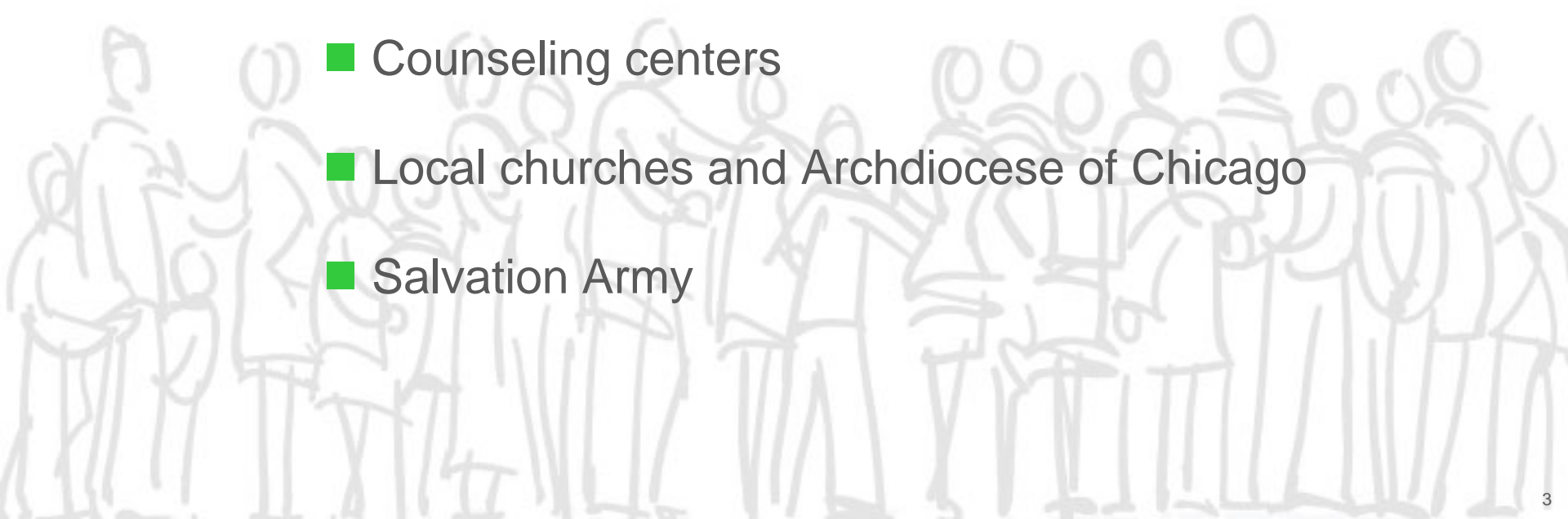
- Family Bridges promotes thriving communities by delivering services to strengthen family relationships, while embracing their cultural and spiritual values.



ABOUT FAMILY BRIDGES

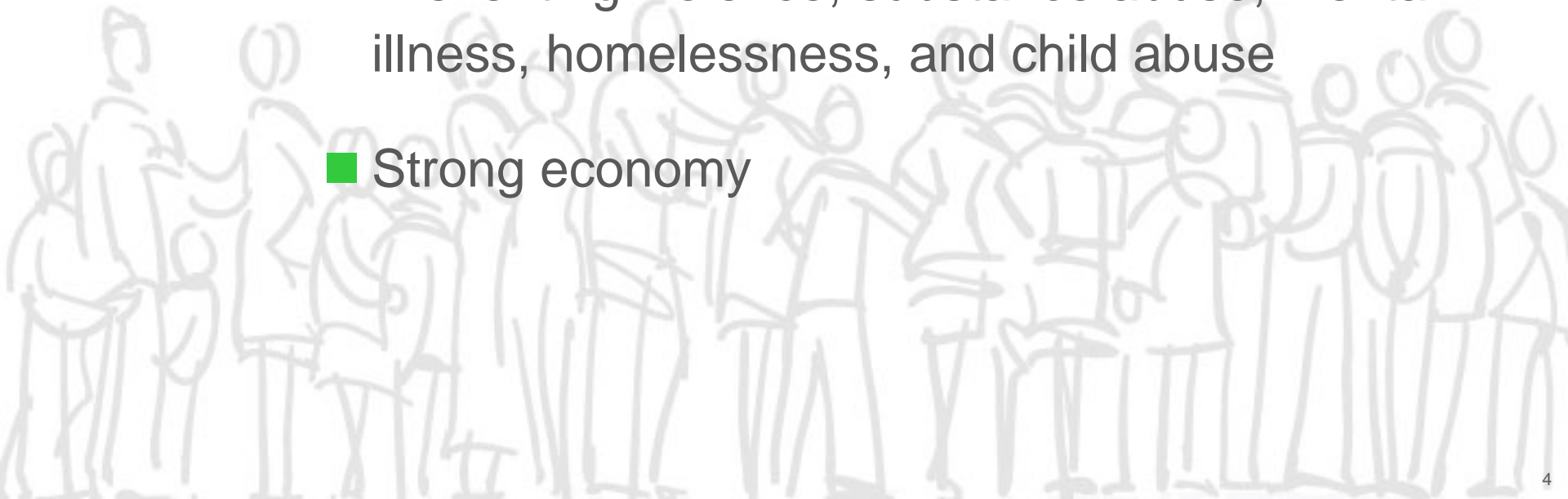


- Making families stronger since 2006
- Served over 100,000 adults and teens
- Partner with 15 Chicagoland providers to deliver services in the community:
 - Counseling centers
 - Local churches and Archdiocese of Chicago
 - Salvation Army



WHY DO FAMILIES MATTER?

- Strong families are key to:
 - Lifting children out of poverty
 - Helping parents find and keep jobs
 - Preventing violence, substance abuse, mental illness, homelessness, and child abuse
 - Strong economy





WHO DO WE SERVE?

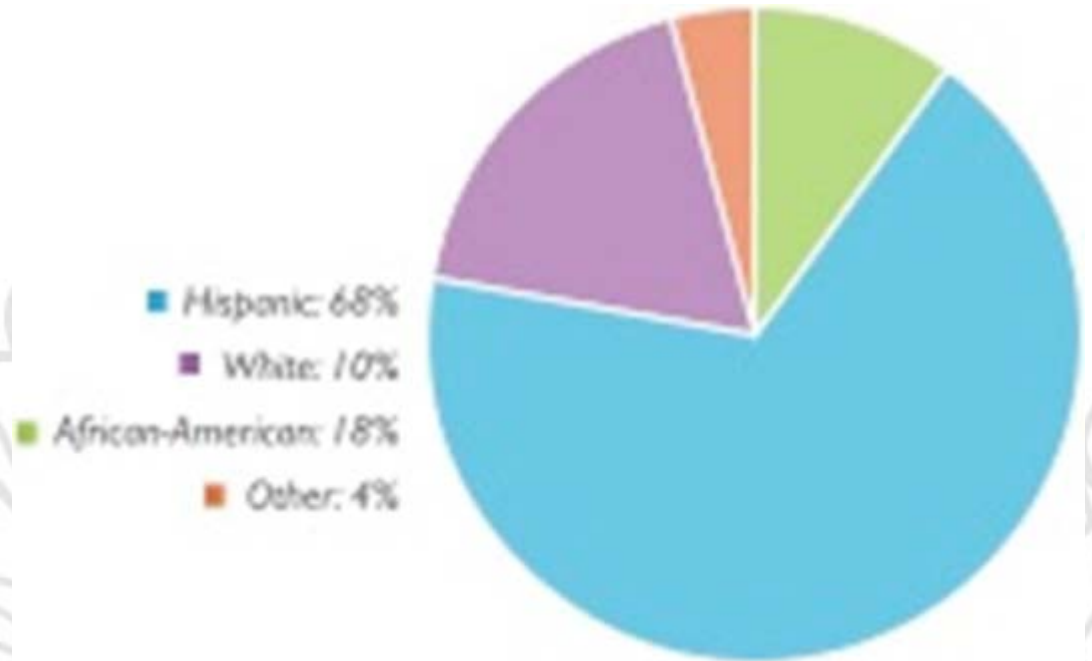


WHO WE SERVE

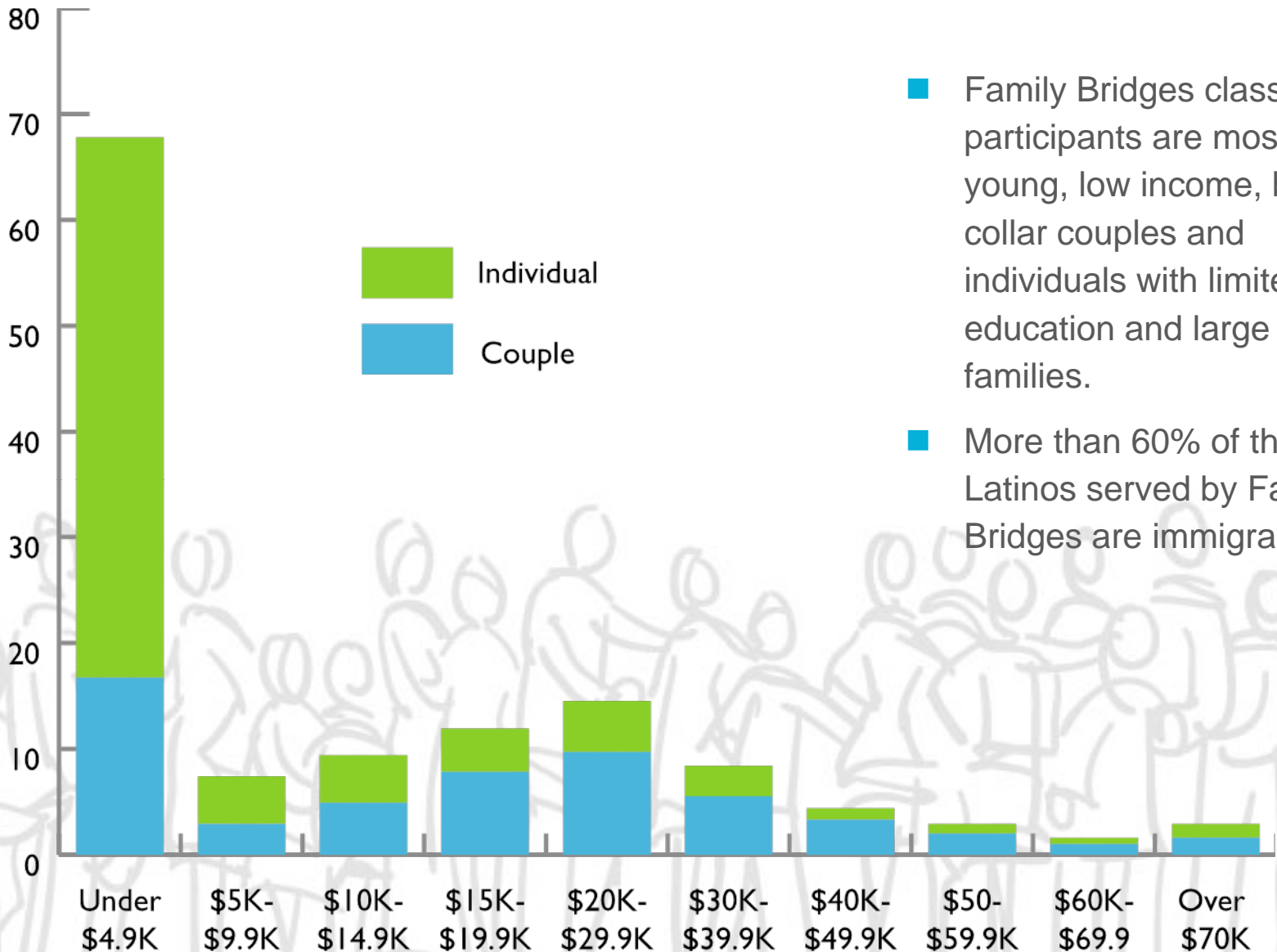
- The Family Bridges program serves eight Illinois counties:

- Cook
- DuPage
- Kane
- Kankakee
- Lake
- McHenry
- Winnebago
- Will

- Over two-thirds of individuals served are Hispanic. All programs are offered in Spanish and English.



WHO WE SERVE



Family Bridges class participants are mostly young, low income, blue collar couples and individuals with limited education and large families.

More than 60% of the Latinos served by Family Bridges are immigrants.



FAMILY BRIDGES PROGRAMS

family *bridges*
lazos de familia

FAMILY BRIDGES

877-41BRIDGE

FAMILY STRENGTHENING

- Family Bridges offers workshops, retreats and conferences for:
 - Families
 - Couples
 - Single adults
 - Parents
 - Students



FAMILY STRENGTHENING

COUPLES

- Couples receive 8 hours of relationship skills education in:
 - Communication
 - Problem-solving
 - Conflict resolution
 - Commitment
 - Safety in the relationship



FAMILY STRENGTHENING

SINGLES

Single adults practice the same relationship skills as couples plus:

- Partner selection.
- How to determine if this is the right person.
- How to slow down a relationship and get to know the person before committing.



FAMILY STRENGTHENING

ANNUAL FAMILY CONFERENCE

- Full day conference for couples, teen and children.
- Planned for Chicago on March 21, 2015.



FAMILY STRENGTHENING

FAMILY BRIDGES WORKS

- Started in 2011
- Job training for bilingual candidates in sales and computer coding



FAMILY STRENGTHENING

FAMILY BRIDGES WORKS

- Creciendo Juntos: Como empezar un pequeno negocio (Growing Together: How to start a small business)
 - Offered in Joliet in January 2015



FAMILY STRENGTHENING

FAMILY BRIDGES WORKS

- Held in Chicago, Kankakee, Oak Park and Joliet
- Next workshop offered in Joliet in January 2015





LEADERSHIP DEVELOPMENT

family *bridges*
lazos de familia

FAMILY BRIDGES

877-41BRIDGE

MENTORING: MARRIAGE CHAMPIONS

- Couples trained to help other couples have healthy, long-lasting marriages that empower the family and strengthen the community.
- They may mentor engaged couples or those who would like enrichment.



LEADERSHIP TRAINING

- 8-week training in Spanish or English for volunteers to develop leadership skills and transform their community.
- Volunteers grow in the personal qualities under the values of hope, respect, honesty, unity, identity, and balance.



2014 Rookies of the Year



SOCIAL EMOTIONAL LEARNING

family *bridges*
lazos de familia

FAMILY BRIDGES

877-41BRIDGE

SOCIAL EMOTIONAL LEARNING GOALS

- Self-Awareness
- Social Awareness
- Self-Management
- Relationship Skills
- Responsible Decision Making

Students Served

- Over 10,000 students in the Chicagoland Region from 2006-2012
- 1,500 enrolled in programs during the academic year 2013-2014
- Curricula meet ISBE requirements for SEL for all public and private schools

BENEFITS OF COLLABORATING



Schools

- Improved student academic outcomes
- Improved student attendance and school engagement
- Decrease in discipline issues
- Training for educators on the identification of mental health issues
- Consultation for teachers on management of student behaviors
- Greater teacher job satisfaction
- Increased family and caregiver involvement
- A more supportive school climate and culture



Families

- Greater access to needed services and supports
- Reduction in cross system barriers
- Increased school involvement by parents
- Improved educational outcomes
- Improved readiness for learning
- Improved social and emotional functioning
- Enhanced parenting skills
- Improved communication, problem solving, conflict resolution, and goal-setting skills.

CURRICULA FOR STUDENTS



A Better Me

- Ages 4-12
- Developed by Family Bridges

Love Smart

- Ages 13-18
- Developed by Family Bridges

Welcome to the Real World

- Ages 13-18
- Developed by University of Illinois Extension

CURRICULA FOR PARENTS



Strong Parents, Strong Schools

- For Parents
- Developed by Family Bridges

Family Wellness

- Whole Family (age 7+)
- Family Wellness

Couples Link, Within Our Reach, Within My Reach

- Couples, Single Parents
- Developed by Family Wellness, PREP



FAMILY BRIDGES

PROFESSIONAL DEVELOPMENT



FAMILY BRIDGES

877-41BRIDGE

PROFESSIONAL DEVELOPMENT

- GROWTH is Family Bridges professional development program.
- Family Bridges believes that healthy relationships are not only important in the home, but also in the workplace.



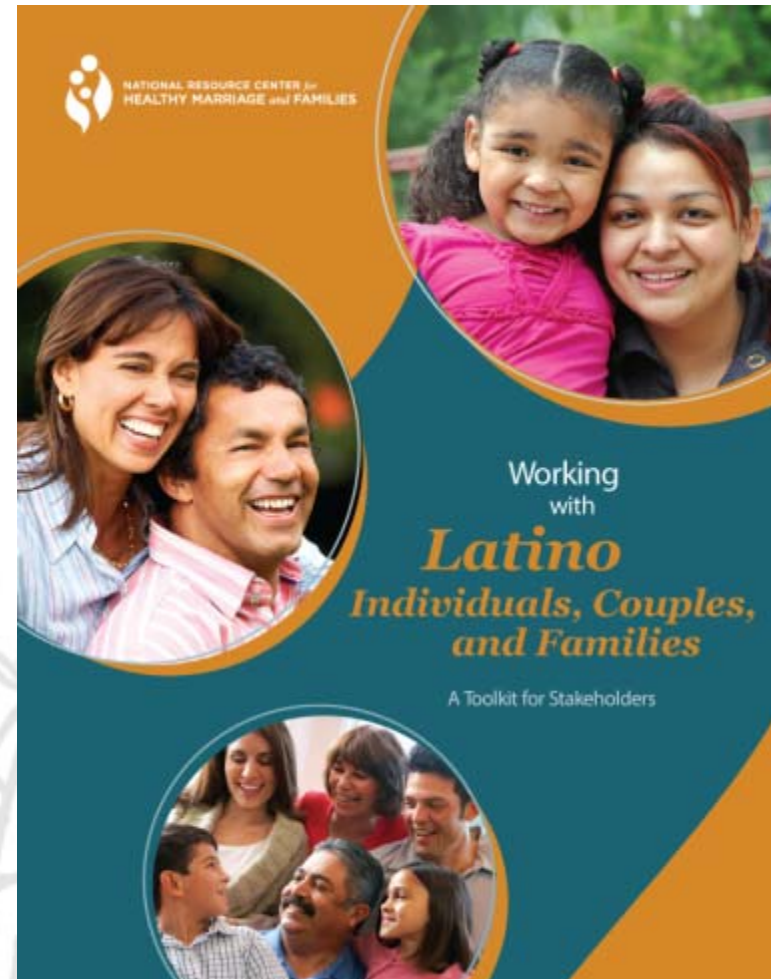
PROFESSIONAL DEVELOPMENT

- GROWTH is an evidence-based curriculum that provides training in skills that are necessary to increase productivity in the workplace.
 - Work-life balance
 - Leadership
 - Problem-solving
 - Teamwork
 - Stress management
 - Other topics essential to professional and personal success.



WORKING WITH LATINO FAMILIES

- Cultural information and tips to help professionals serve Latino families more effectively.
- Toolkit is available for free download from www.familybridgeschicago.org
- Training available for non-profits and businesses.





FAMILY BRIDGES FAITH

family *bridges*
lazos de familia

FAMILY BRIDGES

877-41BRIDGE

TOOLS FOR FAITH-BASED ORGANIZATIONS

Tools for Churches

- Leadership training for volunteers
- Singles, couples and family workshops
- Assessment for initiating or strengthening a ministry to families
- Speakers and workshop presenters on a wide range of family relationship topics





FAMILY BRIDGES RESOURCES

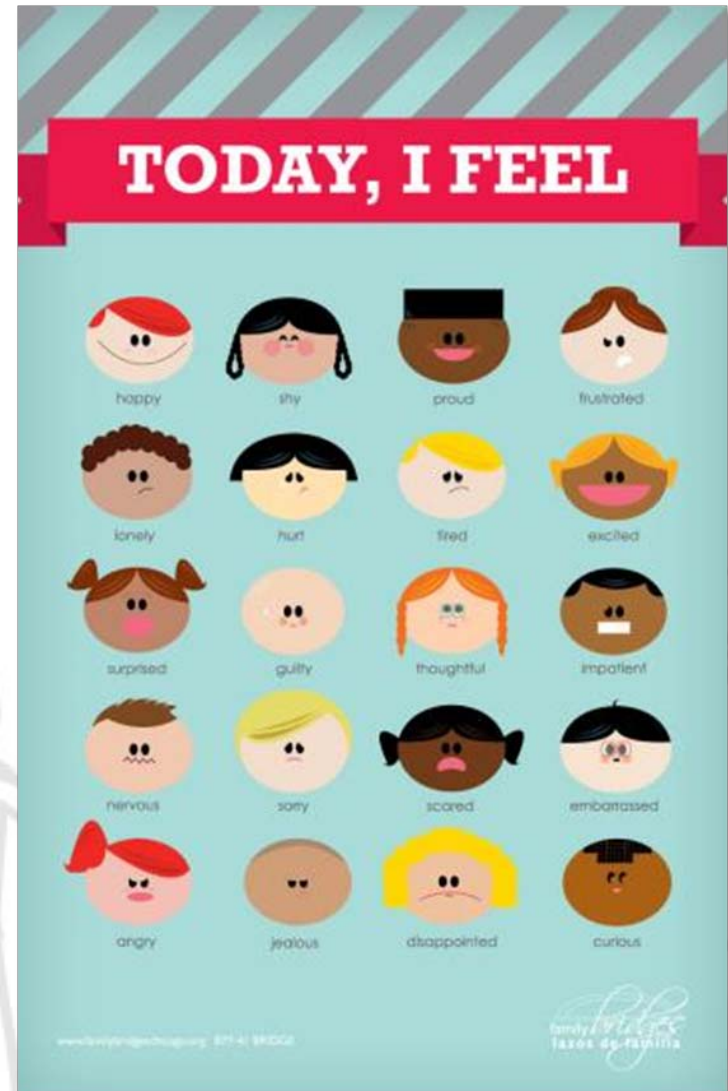
family *bridges*
lazos de familia

FAMILY BRIDGES

877-41BRIDGE

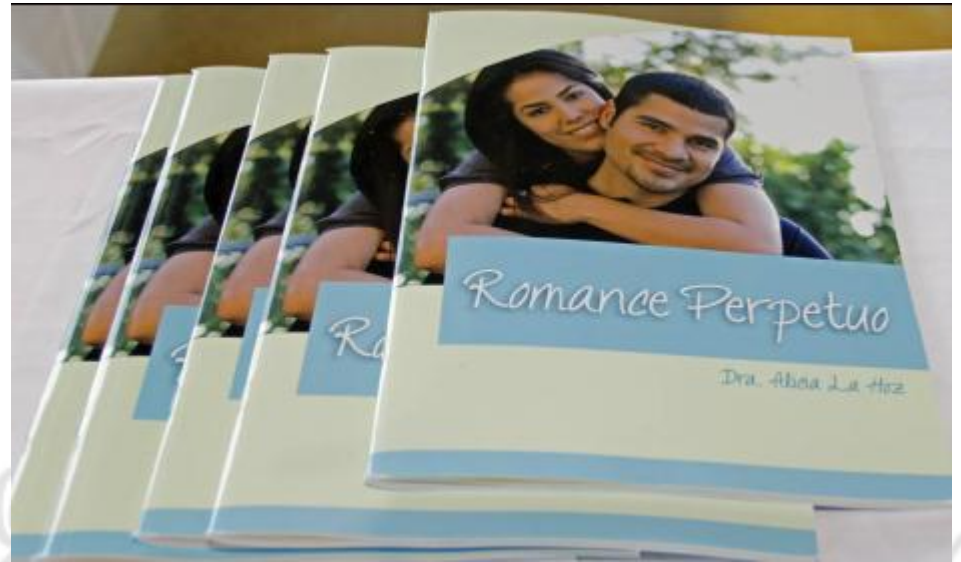
A BETTER ME

- Curriculum teaches children, ages 4 to 12, to communicate clearly, manage their emotions, deal with conflict, and make wise decisions.
- New teaching resources:
 - Feelings Cards
 - Posters
 - Stickers



ROMANCE PERPETUO

- Relationship resource for Spanish-speaking couples to learn to communicate clearly, strengthen their commitment, deal with conflict and make wise decisions.





STAY IN TOUCH WITH FAMILY BRIDGES

- Contact us at 877-412-7434.
- Browse our website: www.familybridgeschicago.org
- Watch our conference video on YouTube.
- Like us on Facebook.



FAMILY BRIDGES

877-41BRIDGE