



# Substance Abuse Prevention

THE WAY OF THE HEART: THE PROMOTORA INSTITUTE

The substance abuse prevention program focuses on increasing family and personal protective factors:

Family strengthening activities:

- arts & crafts
- gardening
- exercise
- poetry
- stress management
- support groups
- mediation skill enhancement

Communication strategies: active listening, paraphrasing, clarification

- parent to child
- child to parent
- peer to peer
- spouse to spouse

Conflict resolution strategies

Leadership development:

- life planning
- decision making
- goal setting
- problem solving
- storytelling
- role play
- theater

Correcting the body image: eating disorders/anorexia/bulimia

Mentoring program

Job skills preparation

Suicide awareness for parents, other caretakers and youth

Tobacco prevention & cessation youth group

**For more information please call promotora de salud, Mary Balbuena.**



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