

REDEVELOPMENT OPPORTUNITIES FOR WOMEN, INC.

PROGRAM CURRICULUM FOR FAMILY STRENGTHS - ST LOUIS CITY

CURRICULUM	DAY 1	DAY 2	DAY 3	DAY 4
WEEK 1	Self Esteem	Self Awareness	Self Esteem in Children	Self Acceptance
WEEK 2	Self Management	Effective Communication	Assertiveness Saying NO	Dealing With Anger
WEEK 3	Managing Stress	Intimate Relationships	Family Relationships	Parenting & Discipline
WEEK 4	Early Childhood Development	Adolescents	Intimate Partner Violence	Dynamics of Abuse
WEEK 5	Rape	Child Sexual Assault	Household Budgeting	Personal Credit

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WEEK 5	Rape	Child Sexual Assault	Personal Credit	Community Support Services
WEEK 6	Family Health & Nutrition	Managing Your Home & Money	Getting Ready To Work	Signing A Lease