

**REDEVELOPMENT OPPORTUNITIES FOR WOMEN, INC.**

**PROGRAM CURRICULUM FOR FAMILY STRENGTHS**

*ST. LOUIS*

**COUNTY**

	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>
<b>WEEK 1</b>	SELF ESTEEM SELF IMAGE	SELF AWARENESS	ACCEPTING & MANAGING OURSELVES	MANAGING STRESS AND COPING
<b>WEEK 2</b>	ASSERTIVENESS & LEARNING TO SAY NO	DEALING WITH ANGER	EFFECTIVE COMMUNICATION	INTIMATE RELATIONSHIPS
<b>WEEK 3</b>	<b>BUILDING SELF ESTEEM IN CHILDREN</b>	<b>FAMILY RELATIONSHIPS</b>	<b>PARENTING &amp; TEACHING SELF-DISCIPLINE</b>	<b>EARLY CHILDHOOD DEVELOPMENT</b>
<b>WEEK 4</b>	<b>ADOLESCENTS: SURVIVING THE TEENS</b>	INTIMATE PARTNER VIOLENCE	DYNAMICS OF ABUSE	SEXUAL SAFETY & RAPE
<b>WEEK 5</b>	CHILD SEXUAL SAFETY & ASSAULT	WOMEN'S HEALTH	PERSONAL CREDIT	COMMUNITY SUPPORT SERVICES
<b>WEEK 6</b>	FAMILY HEALTH & NUTRITION	MANAGING HOME & MONEY WITHOUT GOING CRAZY	GETTING READY TO WORK	SIGNING A LEASE: YOUR RIGHTS & RESPONSIBILITIES

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*ST. LOUIS CITY*

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<b>WEEK 1</b>	SELF ESTEEM SELF IMAGE	SELF AWARENESS	ACCEPTING & MANAGING OURSELVES	MANAGING STRESS AND COPING
<b>WEEK 2</b>	ASSERTIVENESS & LEARNING TO SAY NO	DEALING WITH ANGER	EFFECTIVE COMMUNICATION	INTIMATE RELATIONSHIPS
<b>WEEK 3</b>	<b>BUILDING SELF ESTEEM IN CHILDREN</b>	<b>FAMILY RELATIONSHIPS</b>	<b>PARENTING &amp; TEACHING SELF-DISCIPLINE</b>	<b>EARLY CHILDHOOD DEVELOPMENT</b>
<b>WEEK 4</b>	<b>ADOLESCENTS: SURVIVING THE TEENS</b>	INTIMATE PARTNER VIOLENCE	DYNAMICS OF ABUSE	SEXUAL SAFETY & RAPE
<b>WEEK 5</b>	CHILD SEXUAL SAFETY & ASSAULT	COMMUNITY SUPPORT SERVICES	WOMEN'S HEALTH	REALIZING YOUR ECONOMIC ACTION PLAN (REAP) #1
<b>WEEK 6</b>	FINANCIAL LITERACY REAP #1	FINANCIAL LITERACY REAP #2	FINANCIAL LITERACY REAP #3	FINANCIAL LITERACY REAP #4

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