

## THE SUPER SESSION "MENU"

### **Introductory Session: Welcome to SUPER**

1-2 hour Family Session

### **Family Communication**

2-2 hour Family Session

### **Discovering the Consequences of Alcohol, Tobacco and Other Drugs**

1 hour-Separate Parent and Peer Session

1 hour- Family Session - led by law officer

### **Parenting Matters: Family Management Techniques**

(Parents Only)

2-2 hour Parent Session

### **Discovering and Improving Self-Image in Youth**

(Youth Only)

2-2 hour Peer Session

### **Preventing Drug Dealing**

1-2 hour Parenting Session/1-2 hour Peer Session

1-2 hour Family Session

### **Conflict Management**

2-2 hour Parenting Sessions

2-2 hour Peer Sessions

### **Violence Prevention**

1-2 hour Family Session

1-2 hour Split Session

### **Alcohol and Other Drug Awareness**

1-2 hour Family Session

### **So What's the Deal with Meth**

1-2 hour Family Session

### **Preventing HIV and STI's**

1-2 hour Family Session