



# WEEKLY FAMILY ENGAGEMENT

## Meals and Activities

Family involvement is a vital component to the overall success in your child's treatment. One goal at Cumberland Hospital Residential Treatment Center is to assist your child to stabilize and return home to be reunited with family as quickly as possible. Cumberland Hospital is committed to integrate the family throughout the treatment process and we want to be sure we are receiving your ongoing involvement and feedback during your child's stay. You are a valuable and active member of your child's team and your teamwork and participation will help to ensure success in your child's transition to their next phase of life. We look forward to working alongside you!



**Enjoy a weekly family meal and activity on us!**

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**Enjoy interacting with your child and learning new strategies!**

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**Enjoy some interactive and positive family time!**

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**Contact your child's therapist for details!**

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**We look forward to seeing you!**

## CUMBERLAND HOSPITAL

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List of Family Engagement Activities:

## **Family Meal**

## **Family Leisure Activities**

Arts and crafts

Games

## **Family Skill Building:**

Kids and Stress—Understanding your child's emotions

Positive Parenting

Tips for Positive Proactive Parenting

Belly Breathing

Tools for Teaching Children to Calm Down

5 Little Ways to Make a Big Difference in Your Child

Positive Discipline

Parental Communication

Parent/Child Communication

Effective Communication in the Family

Healthy Boundaries

Positive Discipline Book

Importance of Sleep

Encouraging Empathy in your child

How to be a nurturing parent

## **Goals for the Activity:**

To build and maintain meaningful relationships between family members.

To provide opportunities for family skill building