

# SAFE, SECURE, & LOVED *RESILIENT FAMILIES*

The Resilient Families Program is a community-based model for strengthening children's resiliency by focusing on attachment, executive functioning skills and stress reduction in families with infants. The curriculum was developed by Dr. Barbara Burns, a developmental psychologist and Santa Clara University professor. The aim of the project is healthier family functioning among low-income families with infants, as well as promising research results in the fields of psychology and child development.



## PROGRAM COMPONENTS



### CLASSES FOR MOTHERS WITH CHILDREN AGE 0-3

Mothers attend six classes based on the Safe, Secure and Loved: Resilient Families Program. This is a mindfulness-based, trauma informed, community led program that reinforces 6 habits of resilience in mothers (emotional presence, stress management, self-care, compassionate listening, and brain development.) Classes are offered in Spanish and are presented by promotoras.

### FAMILY SOCIAL GATHERING

Mothers are encouraged to participate and bring their spouses and children to a monthly family social gathering. During these gatherings, there is a short instruction presented to the entire family based on the Family Wellness model. The remainder of the time is dedicated to playing together as a family and socializing with other families.



### PROMOTORAS

Mothers who have successfully completed the six classes and are willing to teach them to other groups become "promotoras." These mothers are trained to teach the SSL curriculum to other mothers.

FOR MORE INFORMATION AND REGISTRATION CONTACT:  
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# BENEFITS

*Mothers learn and are encouraged to practice the principles of “healthy attachment”, which reduces the risk of abuse or neglect and is the best predictor of a child’s future success and wellbeing.*

*Reduces stress levels and increases mental and physical wellbeing in each family member. Mothers are encouraged and supported by the relationship they establish.*

*Promotoras/ Parents Leaders benefit by having the opportunity to pass on their wisdom and do “repair work” as a mother . This increases their sense of purpose and has positive benefits for their mental, emotional and physical wellbeing.*

*Promotoras have the added benefit of becoming community leaders, and by teaching others, they incorporate the concepts and skills at a deeper level.*

*Program is designed to support families for an entire year. This increases the opportunity for internalization of skills that leads to behavioral change.*

*Program model enhances community involvement and leadership. It is also cost effective as only minimal professional work is involved.*

