# Children First Quality Services LLC.

Youth Program

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| Children First Quality Services LLC. | **4/1/2018** | Strength the Next Generation |

# Human Development

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**Self-awareness:** identifying and recognizing emotions; recognizing personal interests and strengths; maintaining a well-grounded sense of self-confidence.

**Self-management:** regulating emotions to handle stress, control impulses, and motivating oneself to persevere in overcoming obstacles, setting and monitoring progress toward the achievement of personal and academic goals; expressing emotions appropriately.

**Relationship skills:** establishing and maintaining healthy and rewarding relationships based on cooperation and resistance to inappropriate social pressure, preventing, managing, and constructively resolving interpersonal conflict; seeking help when needed.

Coping Skills / Life Skills

### Problem-solving Skills

###  Decision making Skills

* *Behavioral Skills*
* *Communication Skills*
* *Goal Setting*
* *Time Management*
* *Financial Management*
* *Substance Abuse Educational class*

**Our youth making choices to set healthy foundations of life incentives with one’s personal goals! “Responsible decision-making based on a consideration of all relevant factors.”**

# **Youth Holistic Care**

Positive youth development is defined by Children First Quality Services LLC. Programs as an intentional, pro-social approach that engages youth within their communities, schools, criminal justice, community organizations, peer groups, and families in a manner that is productive and constructive; recognizes, utilizes, and enhances youths' strengths; and promotes positive outcomes for young people by providing opportunities, fostering positive relationships, and furnishing the support needed to build on their leadership strengths.

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|  | *Youth Program* |  |

***Time Management*** Teach them to organize their time using a simple timetable or a planner. Let them create a schedule and stick to it. Even the slightest deviation from the plan can leave them crunched for time. Teach your kids to prioritize their tasks to use their time responsibly. Help them identify important tasks and differentiate between what is important and what is urgent. Developing a routine makes it easier to manage time.

***Problem-solving Skills*** Among the main life skills for youth is problem-solving. You cannot expect your children to come back to you for help every time they have a problem. What you can do is teach them to deal with problems like matured adults.

**Anger Management**- Increase awareness of personal strengths, Improve communication skills

Be aware of anger triggers, Identify and label feeling, Reduce impulsivity, Self-monitor their behavior Develop alternate responses, and better understand other people’s feelings

**Goal Setting** Set realistic goals, or else they will end up disappointed sooner than later. Focus on their goals and chalk out a plan to achieve them in a realistic manner. Identify resources that can help them achieve their goals. Change goals or modify them if needed. Goals can be changed or adjusted to suit the changing needs of a person. Your teenager may also change, as an individual, which can lead to changes in their personal or professional goals. Eventually, you can guide your teenager to a position where she or he can set bigger goals, paving the way for a more meaningful and purposeful life.

Children First Quality Services LLC.

Services and provide the following Programs:

* Juvenile Offenders Reform Classes
* Substance Dependence classes & Counseling
* Youth Career Development Classes
* Parenting Classes
* Abuse Victim Intervention Class
* We offer childcare at our license facility in STN Mountain, GA specializes in education and emotional needs for children.

For additional information Ms. Thorns 1-678-698-5306