

EVALUATION OF FIRST LOVE YOURSELF (FLY) SUPPORT GROUP: EMPOWERING HEALTHY START CONSUMERS TO ACHIEVE SATISFYING RELATIONSHIPS & TO STRENGTHEN COMMUNICATION SKILLS

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Presentation Objectives

- Strengthening Family Resilience: Address perinatal depression screening, referral, and follow up; traumatic stress; father and/or partner involvement; parenting support and early literacy.

Highlights (including quotes, charts, graphs)

FLY program

- First Love Yourself (FLY) group, an empowerment-based support group specifically designed to meet the needs of Healthy Start consumers and consortium members.

Evaluation of FLY program

- FLY program participants reported having improved self-esteem, relationships with their children, partners, and family, and ability to cope as a result of participation in the group. Participants further described gaining knowledge and learning skills that were helpful, including learning parenting, communication, stress and anger management, budgeting, goal-setting and coping skills and techniques.

Resources

- Missouri Bootheel Regional Consortium >>> Facebook Page
- www.mbrcinc.org