What is Four Corners Program?

The prevention specialists with the Center for Human Development (CHD) understand youth and their families. They know that growing up in today's world is full of pressures for young people. Recent research has demonstrated that young people need many things in order to confidently face life and to overcome the tough situations that they may encounter on their journey to adulthood.

Four Corners staff are parents themselves. They know that most parents find raising children is an extremely challenging task.

The Four Corners Program is structured for both youth and adults to improve upon their everyday behavior and beliefs regarding anger, violence, drugs, and gangs.

Four Corners Program is <u>free</u> and offers:

- Anger Management for Teens
- Anger Management for Parents
- Teen Support Groups
- Adult Support Groups
- Reliable Resources
- Case Management

Anger Management for Teens

Middle school youth who are referred to the Four Corners Program will attend a weekly one-hour session held on their school campus for ten weeks. The participants will discover that anger is a normal, healthy emotion and learn skills to control and better manage their anger. Youth will learn:

- Situations and people that tend to trigger their anger.
- Why holding in anger or denying anger is not healthy.
- How to prevent anger from leading to violence.
- Ways to better express their anger.

Teen Support Group

After completing the ten-week anger management series, youth may continue working toward needed behavior changes around family, peers, school, and authority figures. The Teen Support Group will meet on campus once a week throughout the year.

Anger Management for Parents

Parents who are referred or self referred to the Four Corners Program will attend a weekly two-hour session for five weeks. Parents will explore and learn the source and style of their anger through participation in interactive, non-threatening activities. Parents will gain effective ways to express their needs to family, friends, and co-workers. They will learn:

- How anger feels
- Who or what triggers their anger
- Techniques to better control their anger
- How to change a negative response to a positive one

Adult Support Group

After completing the five-week anger management series, parents are encouraged to join an on-going facilitated support group. In the group they will gain support from their peers on what works to improve family communication. They will learn how to prevent or stop the disruptive family cycle around violence (verbal or physical), gang involvement, or alcohol and other drug issues. The support group is an interactive process and requires a commitment.

Center for Human Development Programs

Conflict Resolution Programs

• Helping Reach Peaceful Resolutions

Four Corners Program

• Promoting Violence Free Lives

Empowerment Program

• Supporting LGBTQ Youth

Friday Night Live/Club Live

• Engaging Youth as Leaders

North Richmond Community Services

• Encouraging Youth to Succeed

Parent Educator Program

• Helping Kids Stay Healthy and Safe

Project SUCCESS

• Supporting Drug-Free Living

Training Center

Sharing Group Skills
 Anger Management for Families
 Strengthening Family Ties
 TRIBES
 Youth Educator Program

Youth Striving for Excellence

• Building Resiliency for Youth

The Four Corners Program currently serves middle school students and families from Riverview Middle School in Bay Point and Central Junior High and Hillview Junior High in Pittsburg. The Four Corners Program is funded by a FACT Grant from Contra Costa Employment and Human Services.



Center for Human Development

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Violence Prevention and Intervention

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