



# Weaving Healthy Families Program

The Weaving Healthy Families (WHF) Program seeks to promote family resilience and healthy living skills. It is a 10-week program, with each session lasting 2 ½ hours and starting with a free dinner for your entire family. This free program focuses on improving communication, emotions, healthy relationships, and personal skills. It also aims at reducing and preventing problems due to alcohol, tobacco, and other drugs, along with conflict and violence in families. We hope to strengthen families and understand how or if they may be affected by COVID-19.

TEXT: [weavinghealthyfamilies to 61222](tel:61222)—Help us see if this program works!

Each enrolled family member who participates receives \$50 paid surveys:

- Upon enrollment
- Before the WHF
- After the WHF
- 6 Months after WHF
- 9 Months after WHF
- 12 Month after WHF
- Families will also get \$50 for each of the 10 sessions they attend. = \$500
- Some will also be invited to participate in short “Spot-Check” Surveys for \$20 and/or interviews for \$50.

In total, each family member is eligible for at \$300-500, not to mention the \$500 for each family’s attendance.

Totals \$1700 or more for families of 4!



Catherine has been honored to work with the MBCI for over 10 years.



FOR INFORMATION

TEXT:

[weavinghealthyfamilies to 61222](tel:61222)

OR

Email:

[weavinghealthyfamilies@gmail.com](mailto:weavinghealthyfamilies@gmail.com)

You can also contact Catherine McKinley (Formerly Burnette) PhD, LMSW Associate Professor-Tulane University School of Social Work-[catmckinley@tulane.edu](mailto:catmckinley@tulane.edu) Phone: 601-389-7323