

# C.O.P.E.

Counseling Options and Parent Education

**We Listen.**

**We Act.**

**We Care.**



**Family  
Support  
Center**

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## **“C.O.P.E. 4 Kids” - Youth Services Offerings**

**Caitlin Schweller, MPH: Case Manager - Specialist**

# Agenda:

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**Our History  
and Mission**

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**Our  
Programs**

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**Youth  
Services**

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**Wrap Up**

# Our History


- C.O.P.E. Family Support Center, Inc. was founded and incorporated in September 2011 by Cathy Botello.
- Cathy identified a gap in supportive services for parents in crisis and established a way for individuals to gain knowledge and skills needed to enhance positive family dynamics.
- Today, C.O.P.E. is ran by Natasha Paddock, former Board President and long-time leader in local government.





# Our Mission

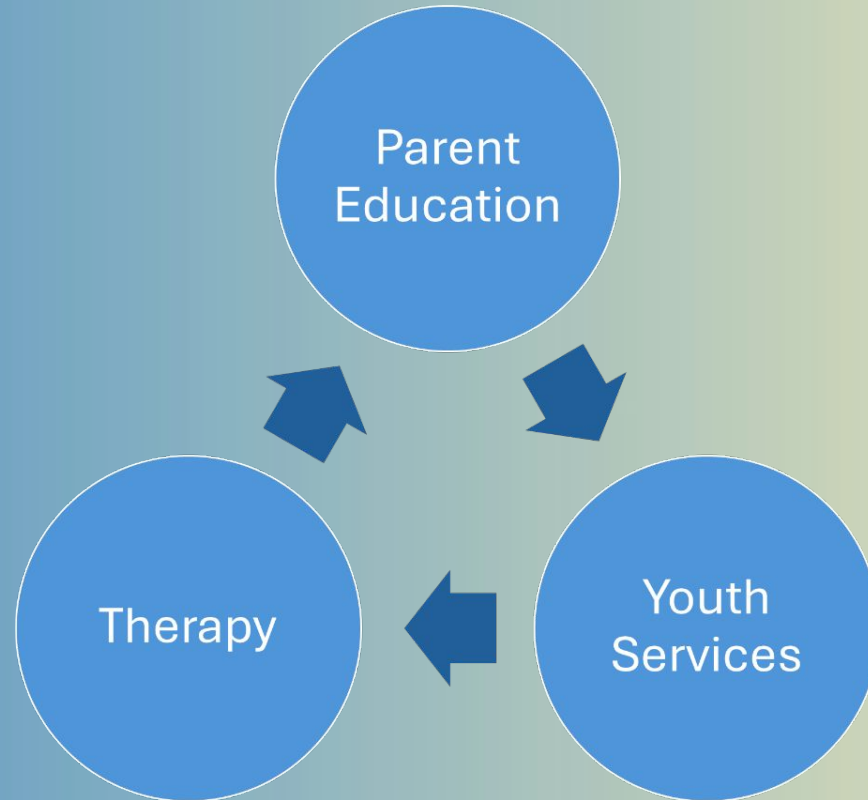
To strengthen family relationships through counseling options and parent education programs.





Our vision is to provide a safe space and supportive environment that nurtures families and encourages healthy relationships.

# What C.O.P.E. does in the community



## Evidence Based

Positive Parenting  
Program (Triple P)

Supporting Father Involvement  
(SFI)

Anger Management

## Therapy

Fee for Service

- Play Therapy
- Individual Therapy
- Couples Therapy
- Family

## Case Management

Standard  
Intake/Assessment

Case Planning

## Youth Achievement

C.O.P.E. 4 Kids

ARC (Attachment,  
Regulation, and  
Competency)

Across Ages

# Our Programs

C.O.P.E. Programs & Services



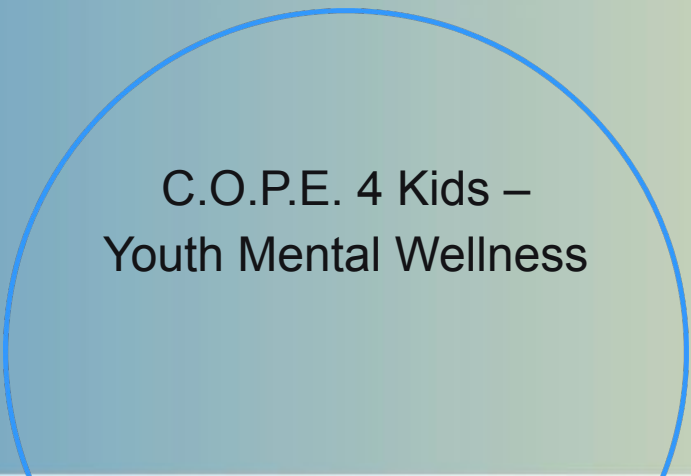
## Youth Advisory Group

Community ambassadors, driving change on issues that matter most to young people.

## Youth Achievement Workshop

A workshop for teens that teaches emotional intelligence and self-regulation.

# Youth Services



C.O.P.E. 4 Kids –  
Youth Mental Wellness

## ARC

An evidence-based intervention designed to help youth heal from impacts of trauma.

## Game of Life

An interactive, educational-based experience about life decisions and consequences.

## Across Ages

A mentor program that pairs caring adults 55+ with youth to provide guidance, support, and positive role models.



# Youth Mental Wellness Program: ARC Groups

## Attachment, Regulation, and Competency (ARC) Model:

- Evidence-based intervention to help youth heal from the impacts of trauma

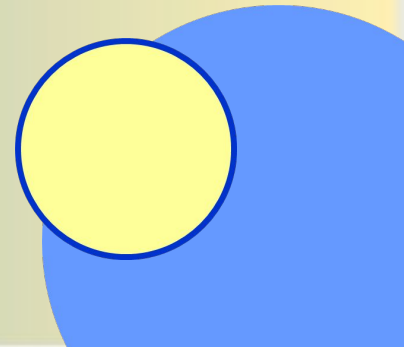
## Available to youth ages 10-17:

- Group sessions of 8-12 students (middle school and high school groups)

## Sessions & Topics:

- Anxiety (6 weeks - 1 hour per week)
- Anger Management (8 weeks - 1 hour per week)
- Social & Emotional Development (6 weeks - 1 hour per week)

**Cost: Free!**



# **FAQ - ARC Group Interest**

- **Which school site/sites would be of interest**
- **8-12 students referrals**
- **A space to hold this group on campus**
- **Which group you are interested in:**
  - **Anxiety**
  - **Anger Management**
  - **Social & Emotional Development**
- **Any paperwork/clearance forms that are needed for our staff to be on campus**

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## “C.O.P.E. 4 Kids”

### Youth Mental Wellness Program

#### WHERE

3021 Citrus Circle, Suite 105  
Walnut Creek, CA 94598

#### WHEN

February 6th, 2025 - March 13th, 2025  
from 6:00-7:00 pm (Thursdays)

For: Youth Ages 13-17

Topic: Anxiety

Cost: Free!

#### JOIN US FOR:

- Dinner and Snacks!
- Drinks!
- Gift card for completing the program!



Group sessions will be held as an opportunity for peer-engagement and open conversation on anxiety using the evidence-based ARC Model as a framework.

Participants will learn to develop coping skills, practice mindfulness techniques, and participate in activities to support anxiety reduction and regulation.

#### CONTACT US TO REGISTER:

(925) 689-5811 📞

caitlin.schweller@copefamilysupport.org ✉

www.copefamilysupport.org 🌐

# Youth Advisory Group (Y.A.G.) - Youth Ages 10-14

Group activities, field trips, and more!

## **Objectives:**

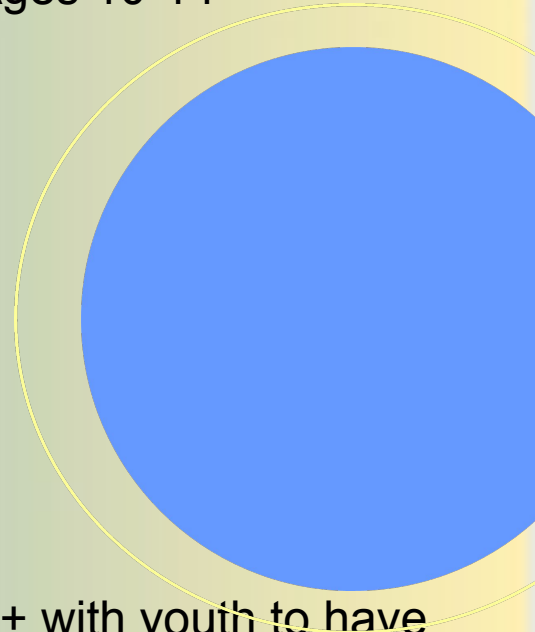
- Uplifting Youth Perspectives and Insight
- Empowering Young Voices
- Building Leadership & Professional Skills
- Promoting Civic Engagement

## **Across Ages:**

- Evidence-based mentorship program that pairs adults 55+ with youth to have positive mentors who provide guidance to foster intergenerational relationships

## **“HopSkipDrive”**

- Rideshare service that provides safe, reliable transportation services for youth



# Youth Achievement Workshop & the Game of Life

6 week workshop for teens that teaches emotional intelligence and self-regulation.

- Runs concurrently with a parent education class.

## The Y.A.W. engages teens in the following areas:

- Goal setting & planning for the future.
- Career & life mapping.
- Alcohol and substance abuse, bullying and the effects of family trauma/violence.
- Self-Expression/Reflection Exercises
- **Teens will also participate in the "Game of Life" event:**
  - An interactive game that provides the opportunity to experience how the decision made today will affect future lifestyle consequences through simulation, practice, and other learning activities.

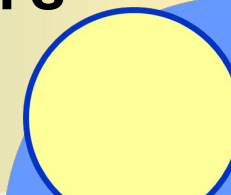


## **Pricing:**

**Until January 30th 2026, C.O.P.E. is able to provide these Youth Services offerings for free due to our CYBHI Round 4 grant funding!**

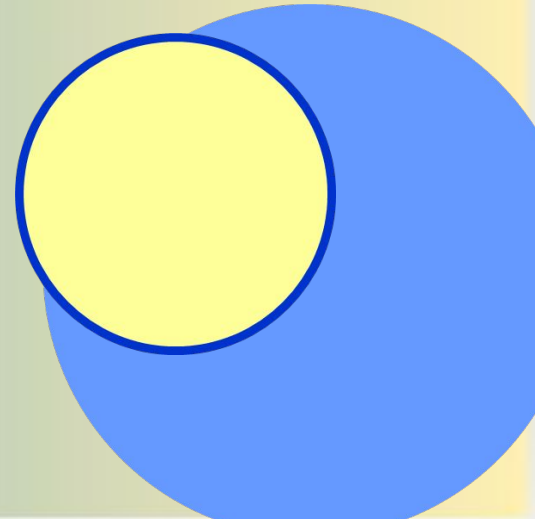
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**Program costs start at \$136 per hour and are tailored to meet the specific needs of your school community. Final pricing varies based on the selected program, the number of participating students, and the program's duration.**



## Final Comments:

- We would love to table at your next event!
- Reach out to coordinate bringing ARC groups to your school district.
- Send any questions our way!





# Thank you!

Any Questions?

Parent  
Education

Youth  
Achievement

Family  
Therapy



925-689-5811  
[www.copefamilysupport.org](http://www.copefamilysupport.org)

**From Tension to Connection**  
Strengthening Family Relationships Since 2011!

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