

## OUR GOALS

FID offers youth, adults and families the education, training, opportunity and support (including referrals) to enhance their abilities to:

Develop social skills, to think for change, make better decisions, build new skill sets and habits, build healthy relationships, learn effective coping strategies, improve self-esteem, achieve personal and academic success and to make a positive contribution in their lives and in society.

## AND OBJECTIVES

FID aims to reduce and eliminate vulnerability to stress factors and high-risk behaviors by empowering our participants to respond to and overcome challenges and barriers resulting from:

Behavioral, environmental, personal and academic failure, incarceration, homelessness, unemployment, poor life choices, low self-esteem, substance abuse, chemical dependency, violence, bullying, peer pressure, teen pregnancy and more.

FID Builds Life Changing Skills:

**Problem Solving / Social / Relationship  
Communication / Decision Making  
Critical Thinking / Coping / Boundaries  
Self-Perception / Conflict Resolution**

**Contact us to access our services, to  
become a volunteer, mentor or trainer**

[www.familyindistress.org](http://www.familyindistress.org)



### OUR TEAM

*Cheryl White, Founder and CEO, Ed.D  
(Doctoral Candidate), B.A and M.S.  
Nova Southeastern University*

*Pastor Alan Holt, M.Div., Vice President*

*Ms. Lucy Tucker, A.A., Outreach Facilitator*

*Mr. Marques Deane, B.A., Trainer,  
Group Facilitator*

*Bathshua Nedd, Compliance Officer*

*Sonia Archer, Social Worker*

*Rachel Ftaiha, Registered Mental Health  
Counseling Intern*

*Lori Bitar, Academic Advocate*

### Community Advisors

*Dr. Eleanor Marschke, Business Advisor,  
Professor, Nova Southeastern University*

*Dr. Dana Mills, Psychological Advisor, Dean,  
Nova Southeastern University*



## Family In Distress

*Caring For What Matters Most!*



Family In Distress, Inc. (FID) is a non-profit organization that provides intervention strategies, mentoring and parenting programs, coaching, educational and entrepreneurial training, workshops and support. We promote social skill development, academic achievement, healthy life-styles, cognitive thinking and positive behavioral change in youth, adults, families and schools

### Family In Distress, Inc.

**405 S Federal Highway  
Dania Beach, FL 33004**

**Phone: 954-589-2618**

**Email: [fidcares@gmail.com](mailto:fidcares@gmail.com)**

**[www.familyindistress.org](http://www.familyindistress.org)**

## FID PROGRAMS....



### COMMUNITY SERVICES

#### **(YMCD) Youth Mentoring, Coaching and Development Program**

This program is designed to build the social and coping skills of children of two age zones (Ages 6-12 and 13-18) and it requires that participants attend a weekly 90 minute group session with other youth and a monthly 2 hour meeting with their parents or legal guardian

#### **(PMCD) Parenting, Mentoring, Coaching and Development Program**

This program is designed to enhance the parenting, social, cognitive thinking and coping skills of parents of school aged children. Participating Parents are required to attend a weekly 90 minute group session with other parents and a monthly 2 hour meeting with their children. Family Success Plans will be developed for each participant

#### **(YES) Young Empowerment School**

The YES program is designed to help Junior and Senior High School Students Ages 13-18 develop the skill-sets required to achieve life-long success through business. The program runs throughout the school year and it requires that students participate in 2 workshops and 1 work project per week. Students will be trained

by professional business leaders and will be given an opportunity to participate in quarterly field trips. Students that meet all of the program requirements will receive a contribution towards their general college scholarship fund

#### **FID Tutoring**

FID offers weekly individual and group tutoring sessions in Reading, Math, Science, History and English for all students in grades K-12. Contact us today for our tutoring rates and availability

#### **Inmate Matters / T4C**

This 26 Week Cognitive Thinking Program is designed to eliminate stressors and barriers contributing to incarceration and it addresses and provides the critical thinking required to reduce recidivism in the lives of those who are currently or soon to be released from incarceration

#### **Ladies United**

Ladies United is designed to empower women to break stereotypes and to reach their full potential. Meetings are held bi-weekly and each meeting is designed to help women become classy, competent and a world changers

#### **Rated M for Manly**

Rated M is designed to help men develop “Manly” thinking, coping and social skills to reduce vulnerability to high-risk behaviors and consequences. Meetings are held bi-weekly and each session is designed to empower men to overcome limiting beliefs, challenges and barriers

#### **Outreaches**

FID hosts and leads several community building initiatives that include providing food, health screenings, educational resources and assistance to individuals and families in need. FID also leads weekly support groups in Homeless Shelters and Residential Re-Entry Centers in Miami-Dade and Broward Counties

#### **EVALUATIONS**

For all assessment needs we provide Psychiatric, Psychological, In-Depth Assessment and Biopsychosocial Evaluations according to the specific needs of our clients

#### **THERAPEUTIC SERVICES**

Individual, Group and Family Counseling, Specialized counseling for Children and Adults with developmental delays / mental illness and the reduction of recidivism

#### **Domestic Violence Treatment Services**

We provide Assessment for Risk and Treatment

#### **Anger Management**

We provide Cognitive Behavioral Therapy for Children and Adults geared towards improving and managing the responses to anger triggers

***Most of our services are provided at no cost to our clients. However, reimbursements and siding scale fees are required for some of our specialized therapeutic services and evaluations***

***We accept referrals from self, governmental and other community agencies***

***Contact us for Rates and Availability***