

Having fun together

Group activities and Family Night

Out events provide opportunities for parents and kids of all ages to have fun together, learn positive skills for family interaction and encourage curiosity and imagination.

For more information, please contact:

Julie Woodbury, Site Coordinator
Elko County Cooperative Extension
701 Walnut Street
Elko, NV 89801
775.340.8360

An EEO/AA institution



University of Nevada
Cooperative Extension

This program is based upon work supported by the National Institute of Food and Agriculture (NIFA), U.S. Department of Agriculture (USDA), under agreement No. USDA/CSREES Award No. 2-13-41520-20936.

The Children, Youth, and Families at Risk (CYFAR) Grant Program allocates funding provided by congressional appropriation to land-grant university extension services for community-based programs for at-risk children and their families.

Building hope for the future



A family violence prevention program

***for families who have previously
experienced domestic violence***

Building hope for the future

“The different topics helped my family grow closer and healthier together.”

Heart and Shield participant



*Heart & Shield logo used with permission
by J&K Graphics, Fallon, NV*

Building strong families.

Moving forward.

Learning new skills.

Having fun together.

Encouraging positive relationships.

Connecting with others.

Planning for a positive future.

Planning for a positive future.

Parent survivors and their children who have experienced domestic violence gain skills to strengthen their family.

Moving forward.

Parents learn to actively listen and communicate with family members, reduce stress, calmly solve problems, maintain healthy relationships and guide children, youth and teens.

Connecting with one another.

Families engage in fun activities to help build supportive networks, learn about community resources and make new friends with other families in the program.

Building strong families.

Families engage in nurturing and trust-building activities that encourage positive family interactions.



Encouraging positive relationships.

Children, youth and teens participate in activities geared for their age. Children, birth to 3 years, play, read books and sing together. Children, ages 4-8 years, learn about feelings, solve problems and play with new friends. Youth, ages 9-12, and teens, ages 13-18, learn to communicate respectfully, use tools to calm down, make good decisions and build healthy relationships.



Learning new skills.

Kids learn to recognize and manage feelings, build positive friendships, make good decisions, care about others and solve problems.

