

Strengthening Families Program

For Parents and Youth ages 10-14, SFP is an exciting opportunity for families as it affords them a chance to spend quality time together while learning new skills through games and interactive projects. For 7 weeks, parents and youth attend a weekly 2 hour session where they will have lots of fun learning ways to promote family bonding, to keep lines of family communication open, and to use their families' strengths to solve problems together.

Research shows that a strong bond with a caring adult is one of the most powerful influences on the growth of a child into a responsible, caring, and competent young adult. During this time of growth and transition, it is important to strengthen family bonds and to help youth learn new skills to handle the new challenges and to make healthy decisions.



PROSPER is a partnership among Penn State Extension, Delaware Valley and Wallenpaupack School Districts, Community Agencies, and the Pike County Commissioners.

For more information, contact or send registration forms to:

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STRENGTHENING *families* **PROGRAM**

For Parents and Youth 10-14



FREE 7 Week Program

**Available in the
Delaware Valley**

and

**Wallenpaupack
School Districts**

Spring and Fall Sessions

extension.psu.edu

PARENT SESSION TOPICS

- Showing love & setting limits
- Making house rules
- Encouraging good behavior
- Utilizing consequences
- Protecting against drug abuse
- Using community resources

YOUTH SESSION TOPICS

- Developing goals & dreams
- Appreciating parents
- Dealing with stress
- Following rules
- Handling peer pressure
- Reaching out to others
- Learning new skills

FAMILY SESSION TOPICS

- Supporting goals & dreams
- Appreciating family members
- Understanding family values
- Building family communication
- Developing mutual respect
- Valuing family time

WHAT TO EXPECT

- A fun filled family program where each participant is treated with dignity and respect.
- SFP focuses on parents' and youths' already existing strengths.
- Dinner is provided one half hour before each session.
- For the first hour, parents and youth separate into small group sessions while younger siblings attend the free on-site child care.
- For the second hour, youth rejoin parents for the family session.



Attend this fun, evidence based program to strengthen your family and help your child succeed!

Yes, please provide more information about the Strengthening Families program

Name of Adult(s): _____

Name of 5th/6th Grade Child _____

Home address: _____

Telephone : _____ e-mail: _____

FREE family meal and childcare will be provided for all sessions. Please indicate:

1. Number of people attending the family meal: _____ Allergies: _____

2. Number of children needing free, onsite child care: _____ Age(s) _____