

STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

Making a difference

The Strengthening Families Program: For Parents and Youth 10-14 has made a difference in thousands of families in all 50 states and in over 25 countries.

Parents want to protect their children, but it's challenging. Youth need skills to help them resist the peer pressure that leads to risky behaviors. Research shows that protective parenting improves family relationships and decreases the level of family conflict, contributing to lower levels of substance use.

The program is taught with 7-10 families over seven weeks, in the evenings.

This scientifically tested curriculum:

- Helps parents/caregivers learn nurturing skills that support their children
- Teaches parents/caregivers how to effectively discipline and guide their youth
- Gives youth a healthy future orientation and an increased appreciation of their parents/caregivers
- And teaches youth skills for dealing with stress and peer pressure

Parents and youth meet in separate groups for the first hour and together as families during the second hour to practice skills, play games, and do family projects. Sessions are highly interactive and include role-playing, discussions, learning games, and family projects.

Please join us for a **FREE**
Strengthening Families Parents and Youth 10-14 Program
The program runs 1 day a week (Tuesdays) for 7 weeks
Classes will be held at the Butler YWCA 5:30-8:00
Dinner will be provided
Fall Session- Based on availability of interested families

For more information or to enroll please contact:

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