

Dinner delivered every week!

# STRENGTHENING FAMILIES PROGRAM

An evidence-based program for families with children ages 10-14.



## STRENGTHENING FAMILIES BUILDS 5 PROTECTIVE FACTORS

The world is constantly changing and more information and concerns are being presented to our children every single day.


The program is proven to help with:


- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children.

## BENEFITS TO FAMILIES

You will learn how to express love while setting appropriate limits, how to listen and connect with your child, and how to help all family members show appreciation for one another.

## CONTACT

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## TOOLS, SKILLS & STRATEGIES TO BUILD STRONGER FAMILIES IN 7 WEEKS

Strengthening Families Program is a 7-session, virtual, evidence-based parenting skills, children's social skills, and family life skills program specifically designed for families. Both parents and children participate to improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and improve social skills and school performance.

## HOW DOES IT WORK?

Families and children meet over Zoom and explore a variety of topics to enhance connection, decrease stress, prevent substance use, and build resilience.

The group meets for **7 Wednesdays** beginning **March 15th** from **6:00pm- 8:00pm**

Topics covered include:

- Peer pressure resistance
- Reducing stress
- Finding family values
- Better communication skills

- Problem solving
- Goal Setting
- Understanding each other better



Free to join!

Evidence-based program