

**STRENGTHENING
Families PROGRAM**

FOR PARENTS AND YOUTH 10-14

Free Program!

Family Style Dinners!
Activities!

Family Nights Out !

Hosted By: St. Peter's Lutheran Church, Hilltown, PA

1530 Augsburg Drive, Hilltown, PA 18927

Strengthening skills to help your youth succeed during the teen years.

For youth ages 10 to 14

Strengthening Families Program (SFP) 10—14 is a proven effective, family inclusive program that promotes positive communication, family bonding and problem solving skills!

Youth will develop skills for..... **Parents will gain strategies for.....**

- Setting and reaching goals
 - Managing stress
 - Resisting peer pressure
 - Following rules
 - Appreciating parents
- Setting appropriate limits
 - Encouraging good behavior
 - Using effective consequences
 - Protecting against risk
 - Sharing expectations

Wednesdays

April 24 to June 5

5:30—8:00 p.m.

Yes, sign me up for Strengthening Families Program (SFP) 10 –14

Your Name

Street Address

Phone Number

E-mail Address

To register, please return form to **[Diane Catherwood \(dcatherwood@councilsepa.org\)](mailto:dcatherwood@councilsepa.org)**

by Wednesday— April 10, 2019



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