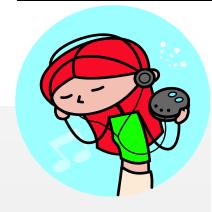
# Strengthening Families Program



# Improving Relationships between parents and youth.

# Join us for seven weekly sessions:

Dinner

Activities

Discussion

Games

Time 6:00-8:30

**Start Dates** 

Monday, October 9 Meadowbrook El.

Monday, November 6 South Clearfield El.

Monday, January 22 Antelope Elementary

> Monday, April 9 Holt Elementary

Limited childcare available

## to register:

Contact Angie Smith 801-773-7060 extension 502 Or www.dbhprevention.org

# A Program for Parents & Youth ages 10 to 14.

Do you sometimes worry about your youth's behavior or choices, wonder how they will handle peer pressure, or do you struggle to bond with them? Would you like to improve your family atmosphere or prevent conflict?

## The Strengthening Families program can help!

# Help your youth:

- Prepare for their teen years
- Strengthen family communication
- Increase school performance
- Handle frustration
- Resist peer pressure
- Build positive relationships with family members

#### Parents will learn:

- How to solve problem with their youth
- Effective ways to establish rules and consequences
- Positive management of emotions
- Will discuss ways to show love and support

### **Families will:**

- Learn how to solve problems together
- Discuss what makes their family strong
- Engage in fun activities and games

