

Strengthening Families Program



**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**

Improving Relationships between parents and youth.



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