

Strengthening Families 10-14

Help your middle school student make a smooth transition to the teen years ahead! Starting January 16, we are offering a FREE 7-week program designed to help your children succeed. This program includes FREE dinner for the family, FREE childcare, and gift cards for perfect attendance. The Strengthening Families Program (SFP 10-14) is designed for parents and their children ages 10-14. The program is run over a series of 7 weekly meetings. Families may join up until the third session. Meetings run afterschool from 5:30 PM- 8:00 PM.

Sessions are broken into child and parent only as well as family lessons. Sample topics for parents include stress management, staying calm, making “I” statements, listening for your child’s feelings, and protecting against drug and alcohol abuse. Child sessions topics include knowing who a good friend is, understanding and coping with stress, peer pressure, and understanding how drugs and alcohol can keep them from reaching their goals. A typical session begins with dinner, moves to breakout parent and child sessions, and concludes with family sessions. SFP 10-14 uses skill building sessions involving evidence based parent youth and family skills developed at Iowa State University targeting parents with children ages 10-14.

Session activities:

- Parent sessions consists of presentations, role-plays, group discussions, and other skill-building activities.
- Youth sessions engage each youth in small and large group discussions, group skill practice, and social bonding activities.
- Family sessions use specially designed games and projects to increase family bonding, build positive communication skills, and facilitate learning to solve problems together.

Session dates:

Thursdays: January 16, 23, & 30

February 6, 13, 20, & 27

Session Times:

5:30 PM - 8:00 PM

Location:

JPL Intermediate School
5438 Pennsylvania-378
Center Valley, PA 18034

We hope you can join us! Please complete the attached Interest Form and return to Mrs. Tara Cooke.

Help your middle school student make a smooth transition to the
teen years ahead!

**STRENGTHENING
FAMILIES 10-14**

Sponsored by Valley Youth House, the Southern Lehigh School District, and the Lehigh County Department of Drug and Alcohol. This exciting and proven-to-work program is designed to help your children succeed.

Parents and caregivers can enhance their parenting skills by:

- learning to set limits and showing love,
- making house rules,
- encouraging good behavior,
- protecting their children from substance abuse, and
- learning ways to handle stress.

Kids can learn to:

- prepare for their teen years,
- communicate with their parents,
- deal with stress and peer pressure, and
- avoid alcohol and drug problems.



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Center Valley, PA 18034



COMPLETE THE ATTACHED INTEREST FORM TODAY.

Return to the Local Arranger: Tara Cooke

Hurry! We don't want you to miss the fun!

Contact Marty Fenningham, SFP Liaison,
at mfenningham@valleyyouthhouse.org for more information

**STRENGTHENING FAMILIES
INTEREST FORM**

Parent/Guardian Name(s):

Student Name(s): _____

Address: _____

Phone # _____ **E-Mail** _____

Will you need childcare? ___ Yes ___ No

Name and ages of children requiring childcare:

Ayude a su estudiante en escuela intermedia para que haga una fácil transición a sus años de la adolescencia!

Programa de Fortalecimiento de Familias 10-14

Patrocinado por Valley Youth House y el Southern Lehigh School District Este excitante y probado programa está diseñado para ayudar a sus hijos a tener éxito

Padres y guardians aumenten sus habilidades de:

- aprender a poner límites y demostrar amor,
- hacer reglas para el hogar,
- fomentar el buen comportamiento,
- proteger a sus hijos contra el abuso de sustancias, y
- aprender diferentes maneras de manejar el estrés.



Jóvenes aprenden a:

- prepararse para la adolescencia,
- comunicarse con sus padres,
- bregar con el estrés y presión por parte de sus compañeros, y
- evitar problemas de uso de drogas y alcohol.

Este programa GRATIS de siete semanas incluye comida GRATIS para toda su familia, cuidado GRATIS de niños entre las edades, y premios por buena asistencia.

FECHAS DE LAS CLASES:

jueves: enero 16, 23, & 30
febrero 6, 13, 20, & 27

HORARIO DE LAS CLASES:

5:30 – 8:00 p.m.

LUGAR: JPL Intermediate School

5438 Pennsylvania-378
Center Valley, PA 18034



COMPLETE EL CUESTIONARIO DE INTERES ADJUNTO HOY.

Volver a Tara Cooke

Apresúrate! No queremos que te pierdas la diversión!

Para más información comuníquese con Marty Fenningham a su email
mfenningham@valleyyouthhouse.org

**FORTALECIMIENTO DE FAMILIAS
CUESTIONARIO DE INTERES**

Nombre(s) del Padre/Guardian:

Nombre(s) del Estudiante:

Dirección: _____

Teléfono # _____ E-Mail _____

Va a necesitar cuidado de niños? ___ Sí ___ No

Nombres y edades de los niños que necesitarán cuidado:
