

STRENGTHENING Families PROGRAM

for parents and youth 10-14

Do you want to:

- Maintain a positive relationship with your child(ren) while navigating through the adolescent years?
- Help your children succeed now and in the future?
- Communicate more effectively with your children?

In just seven sessions:

- 👉 You will learn how to show love while setting limits.
- 👉 Your children will develop skills for handling peer pressure and building a positive future.
- 👉 Your family will grow and have FUN together!



According to the 2015 Pennsylvania Youth Survey:

“Young people who are exposed to more opportunities to participate meaningfully



in the responsibilities and activities of the family are less likely to engage in drug use and other problem behaviors.”

Make a difference for your family!

For more information, email or call:

Keri Brooks
keri.brooks@holcombbhs.org
 484-713-1109

The COAD Group



This program is made possible through funding from
 The Chester County Department of Children, Youth & Families

STRENGTHENING Families PROGRAM

for parents and youth 10-14



Come join us for...



...and lots of family fun!

Parents
are saying:

“A very eye-opening program that resulted in a great deal of personal reflection.” - Father of 3 children ages 10, 11, and 12

“Wonderful program! We looked forward to coming as a family every Wednesday. I was proud to tell my family and my friends where we were going every week!” - Mother of 2 children ages 10 and 12

“Learning respect and limits of myself and my children.” - Mother of 2 children ages 10 and 13



The Strengthening Families Program for Parents and Youth 10-14

- ✓ Builds on Family Strengths
- ✓ Encourages Appreciation for One Another
- ✓ Improves Family Relationships
- ✓ Decreases the Likelihood of Family Conflict
- ✓ Decreases the Likelihood of Risky Adolescent Behaviors
- ✓ Empowers Youth to Cope with Stress in Healthy Ways

Kids are
saying:

“I learned how to tell my friends that I don’t want to do something and how to handle my stress.” - 5th grade SFP graduate

“It helped me get along with my family.” - 6th grade SFP graduate

“Friendship! This was fun.” - 8th grade SFP graduate

Iowa State University has evaluated the Strengthening Families Program for Parents and Youth 10-14 with hundreds of families. When compared to families who did not take advantage of SFP 10-14, results showed that for families who participated:

- ★ Parents learned to build a positive relationship with their children, set appropriate limits, and follow through on consequences.
- ★ Youth had significantly fewer conduct problems in school.
- ★ Youth had significantly lower rates of engaging in risky behaviors.

These results have continued years after families have completed the SFP 10-14 program!

The program has been used with thousands of families throughout the United States and abroad.

The National Institute on Drug Abuse, the Office of Juvenile Justice and Delinquency Prevention, the U.S. Department of Education, and the National 4-H Council have recognized the Strengthening Families Program 10-14 for its positive effects on youth.

FREE to all families!