

STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

Get the tools, skills and strategies to build a stronger family in six sessions!



What is Strengthening Families? Strengthening Families Program 10-14 is a proven effective, family inclusive program that promotes positive communication, family bonding and joint problem-solving skills.

What to Expect: A six-week program that meets one night (Thursdays) each week. Each session begins with a FREE family meal. During the first hour, parents and youth meet separately, but work on similar skills. Then, during the second hour each week, youth and parents have fun together as they play games and do family projects. Youth sessions include discussions, group skills practice and games. Parent sessions include video presentations, group discussion and skill-building activities. Interactive DVD's are used throughout the parent sessions to portray typical youth and parent situations. Learn more about Strengthening Families Program at www.extension.iastate.edu/sfp10-14/

Cost: This 6-week program is FREE!! And, dinner is provided before each session.

When: This series will be held weekly on Thursday evenings from 5:30-8 p.m. on the following dates: February 20, February 27, March 5, March 12, March 19 and March 26

Where: Citizen's State Bank Youth Development Center, 800 N. Maple St., Monticello, IA 52310

Registration:

RSVP's due to Molly Schmitt at mollyrs@iastate.edu or 319-465-3224 by **Monday, Feb. 10, 2020.**

Name(s) of Parent/Caregiver(s) Attending: _____

Name(s) of Student(s) Attending (Ages 10-14): _____

Address: _____

Phone: _____ Email: _____

Food Allergies (list if any): _____

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