



In this 10-week program, the whole family has an opportunity to learn and practice skills involving:

- **Your family bonding** (creating warm, loving relationships)
- **Setting boundaries** (rules against antisocial behavior, including drug and alcohol use)
- **Monitoring** your children's emotional well-being and activities to keep them safer in social situations

Children, age 7 and up, are invited to join this program with their families. For younger children, there is a childcare center on-site for parents enrolled in the SFP program.

**Location:** Oak Hills Church  
1100 Blue Ravine Rd. Folsom, CA 95630

**Dates:** 10-week series on *Wednesday* evenings  
starting February 1<sup>st</sup> 2023 to April 5<sup>th</sup>, 2023

**Time:** 5:45pm to 8:00pm

**Language:** Offered in English and Spanish

This program is **FREE** and includes dinner, childcare, and materials. Registration is required.

**To register please contact:**

Amanda Turkes, RN  
FCUSD Health & Wellness Office  
(916) 294-9013 or [aturkes@fcusd.org](mailto:aturkes@fcusd.org)



This program is sponsored by Folsom Cordova Unified School District