



FCUSD has proudly hosted the Strengthening Families program for over 10 years. We are excited to announce that four sessions of Strengthening Families will be offered during the 2024-2025 school year. FCUSD families are eligible to participate at any location listed (registration required).

**Dinner & childcare are provided for in-person sessions.** 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.

In this 10-week program, the whole family has an opportunity to learn how to:

- Bond with family members; listen, understand and validate each other's feelings, and banish communication boulders
- Set boundaries that keep kids away from alcohol and drugs, and monitor their activities
- Pre-problem solve, set up win-win negotiations and say no to potentially dangerous anti-social situations
- Create positive routines that teach kids responsibility
- Make contracts for change: teach kids to set goals for success
- Reduce stress, through mindfulness exercises and re-program the brain to step away from anger

## 2024-2025 Strengthening Families Sessions

Location	Cordova Meadows Elementary	Virtual	Williamson Elementary	Alder Creek Elementary
Address	2550 La Loma Dr, Rancho Cordova, CA 95670	Participate from the comfort of your own home.	2275 Benita Drive Rancho Cordova, CA 95670	4545 Old Ranch Way, Folsom CA 95630
Starting in:	September (In-person)	October (Virtual)	January (In-person)	February (In-person)
	<b>Wednesdays</b> 5:45pm-8pm	<b>Wednesdays:</b> 5:45pm-8pm	<b>Tuesdays:</b> 5:45pm-8pm	<b>Thursdays</b> 5:45pm-8pm
Dates	9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, and graduation 11/13	10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4 and graduation on 12/11	1/14, 1/21, 1/28, 2/4, 2/11, 2/25, 3/4, 3/11, 3/18 and graduation 3/25	2/27, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/24, 5/1, and 5/8
Register by:	Closes September 2nd	October 1st	December 20th	February 14th
Bit.ly links	<a href="https://bit.ly/3Vghk5B">bit.ly/3Vghk5B</a>	<a href="https://bit.ly/45q9smD">bit.ly/45q9smD</a>	<a href="https://bit.ly/3wZfHBi">bit.ly/3wZfHBi</a>	<a href="https://bit.ly/3Xkh2gy">https://bit.ly/3Xkh2gy</a>
QR Codes				