

# STRENGTHENING FAMILIES PROGRAM

An evidence-based program for families with children ages 10-14.



## STRENGTHENING FAMILIES BUILDS 5 PROTECTIVE FACTORS

Connection doesn't have to stop, even as our children are growing into teens and young adults.


The program is proven to help with:

- Parental resilience
- Social connections
- Knowledge of parenting and child development
- Concrete support in times of need
- Social and emotional competence of children.

## BENEFITS TO FAMILIES

You will learn how to express love while setting appropriate limits, how to listen and connect with your child, and how to help all family members show appreciation for one another.

## CONTACT

 (484) 450-6266

 smessina@cgrc.org

 cgrc.org



## TOOLS, SKILLS & STRATEGIES TO BUILD STRONGER FAMILIES IN 7 WEEKS

Strengthening Families Program is a 7-session evidence-based parenting skills, children's social skills, and family life skills program specifically designed for families. Both parents and children participate to improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and improve social skills and school performance.

## HOW DOES IT WORK?

Families and children meet and explore a variety of topics to enhance connection, decrease stress, prevent substance use, and build resilience.

Group meets for 7 session on zoom

**Dinner provided each week**

Topics covered include:

- Peer pressure resistance
- Reducing stress
- Finding family values
- Better communication skills

- Problem solving
- Goal Setting
- Understanding each other better



**Free to join!**

**Evidence-based program**

**Dinner delivered!**