



ALDER CREEK ELEMENTARY SESSION
*****ALL FCUSD FAMILIES WELCOME!*****

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

DINNER IS PROVIDED! Children, age 7 and up, are invited to join this program with their families. For younger children, there is a childcare center onsite for parents enrolled in the SFP program.

Registration

Information can be found here:

- Alder Creek Elementary, in multi-purpose room
- 4545 Old Ranch Way, Folsom CA 95630
- Thursdays, 5:45 pm – 8:00 pm
- 2/27, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/24, 5/1, and graduation 5/8

