



Upper Bucks Healthy Communities and Healthy Youth Presents:

"The Strengthening Families Program: For Parents and Youth 10-14"

An Opportunity to Strengthen Your Family and Support Your Child Through the Teenage Years

Join Us For Six Weekly Sessions That Include:

- Fun Family Games and Activities
Engaging & Interactive Youth Activities
Interaction with Other Parents
FREE Family Meal Each Week
FREE Childcare for Younger Siblings
\$10 Gift Card Raffle Each Week

Parents/Caregivers will discuss:

- The normal developmental changes in teenagers
Helping youth to avoid risks and substance use
Setting age appropriate limits - Helping youth understand rules and consequences
Effective joint problem solving skills
Ways to show love and support

Youth will learn about and practice:

- Making good decisions and setting goals
Peer pressure resistance skills to avoid problems with drugs & alcohol
Empathy and appreciation of parents/caregivers
Coping with stress

What participants from previous SFP sessions have said:

- "The program helped me bond with my child and opened up communication. It helped her prepare for future challenges."
"I was skeptical at first but doing the program has changed my life more than I ever thought possible for the better."
"This was a lot of fun and beneficial for everyone in our family. I would suggest this class to everyone."

Classes begin Thursday April 9, 2015 and continue weekly through Thursday May 14, 2015

Time: 6:00pm - 8:30pm

Location- St. John's Lutheran Church, 10th Street, Quakertown

Pre-registration required!

Please register by April 2

Yes, my family would like to attend Strengthening Families Program!

Parent/Caregiver's Name(s):

Children's Names and Ages:

Address:

Telephone Number: Cell number:

Email: Childcare needed? (check one) Yes No

Children's Names and Ages needing childcare:

Any food allergies or special dietary needs?

Do any family members have any difficulty reading? (please describe):

To register: Go online to www.justcommunity.com/events or call 215-536-7854 or, Complete form and attach to email and send to nstephens@justcommunity.com or, Complete form and mail to: Nina Stephens, justCommunity, PO Box 258, Quakertown, PA 18951