

STRENGTHENING *Families* PROGRAM FOR PARENTS AND YOUTH 10-14

Attention **ALL** 6th grade students!!!

You and your parents are invited to attend the Strengthening Families Program, to gain life skills for your successful family!

Why Should I Attend?

- It's fun & **FREE!!!**
- Evening meals are provided (5:30-6)! **FREE** Child Care provided for younger children.
- Students receive **\$3 CASH** each week they attend
- Students receive a **\$25 gift certificate** when they graduate from the program (Based on attendance)

How long is the program?

- 7-week program (meets once a week); each workshop is 2 hrs (meal from 5:30-6, prior to session from 6-8)
- 1st hour: Parents & Students participate in separate activities
- 2nd hour: Families work together with facilitators

Sessions begin on **Monday, Oct. 1 or Thursday, Oct. 4** and end on Monday, Nov. 12 or Thursday, Nov. 15.

Monday nights will be held at AFES Youth Center (712 3rd Street NW)

Thursday nights will be held at First Presbyterian Church (1111 5th Ave. N.)

Return form to your student's 6th grade or home base teacher by: **Friday, September 21, 2018.

Yes! I want to attend the Strengthening Families Program 10-14 with my student.

No. I do not plan on attending the program. (**Sign and return form**)

Student Name: _____ Parent Signature: _____

Student First Name: _____ Last Name: _____

School Name: _____ Male: _____; Female: _____

Parent(s)/Guardian(s): First Name(s): _____ Last Name: _____

Address: _____ Home Phone: _____

Cell Phone: _____

Please Check All Days that Work for You* E-mail: _____

Mondays 5:30 - 8 pm Thursdays 5:30 - 8 pm
@ AFES @ 1st Presbyterian Church

**You will be contacted by our staff to confirm your registration prior to start date.*

Childcare: _____ Number of children that need childcare during the SFP session Ages _____

Questions? Contact the Webster County Extension Office 515-576-2119

Over 

“The Strengthening Families Program (10-14) provided help for solving potential problems, tools for handling situations calmly and fairly, and ways to keep children active in the family throughout their teen years!”

“This program gave me the tools to know how to be the parent I have always wanted to be.”

--Quotes from parents that attended prior years' SFP.

**Strengthening Families Program
helps families work together to:**

- Resist peer pressure
- Respect others
- Improve behavior and attitude
- Deal with stress
- Make good choices

This program has been successful over the past 16 years with more than 900 families participating from the Fort Dodge area!

Funding for this project is through donations from community partners in the Fort Dodge Area. The Fort Dodge PROSPER Team is made up of a variety of community partners including Fort Dodge Public Schools, Saint Edmond Catholic Schools, Community & Family Resources, Juvenile Court System, Webster County Public Health, Community Health Center, ISU Extension and Outreach and parents. The Fort Dodge PROSPER Partnership is bringing together youth, family and community resources to motivate and guide youth in becoming productive members of our community.

Schedule Flex option: If you are part of the Monday group, but are unable to attend one week, your family is welcome to participate in the session you missed by joining the Thursday group that same week. Likewise, Thursday attendees can attend Monday if they know they need to miss one week.
Advance notice for meals and child care is appreciated.

Questions? Please contact the Webster County Extension Office 515-576-2119

For more details about the effectiveness of the Strengthening Families Program, visit the PROSPER website at <http://helpingkidsprosper.org>



Like **us** at Strengthening Families – Fort Dodge

This form can be found on line at www.extension.iastate.edu/webster