



Attention **ALL** 6<sup>th</sup> 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)
- 1<sup>st</sup> hour: Parents & Students participate in separate activities
- 2<sup>nd</sup> 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 3<sup>rd</sup> Street NW)

*Thursday nights* will be held at First Presbyterian Church (1111 5<sup>th</sup> Ave. N.)

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**\*\*Return form to your student's 6<sup>th</sup> 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  
@ AFES

\_\_\_ Thursdays 5:30 - 8 pm  
@ 1<sup>st</sup> 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](http://www.extension.iastate.edu/webster)

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