STRENGTHENING Families PROGRAM
FOR PARENTS AND YOUTH 10-14

A FREE 7 WEEK PROGRAM FOR FAMILIES WITH CHILDREN AGES 10–14!

#1 PREVENTION PROGRAM OUT OF 6,000 ANALYZED PROGRAMS

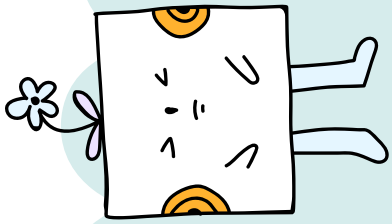
OVER 350 MERCER COUNTY FAMILIES HAVE PARTICIPATED!

IOWA STATE UNIVERSITY
Program Developer

CONTACT US FOR MORE INFORMATION!

Emily Huffman
SFP Coordinator
724-662-1550 x 113
emily.huffman@mcbhc.org

Laura Leskovac
CTC Mobilizer
724-456-7785
mercercountyctc@gmail.com



PLEASE REGISTER BY PHONE OR EMAIL

Free Dinner
Join us before each session for a free meal

Free Childcare for Children Under 10
Any children under the age of 10 years old will be taken care of during each session

Prizes and Gifts Given Weekly
Join us at each session for a chance to win gift cards, board games, and more!

TO ENROLL , PLEASE COMPLETE AND RETURN THIS PORTION:

Parent's/Caregiver's Name(s): _____ Student's Name: _____

School District the Student Attends: _____ Grade Level _____ Age _____

Family Mailing Address: _____ Will you need childcare for younger siblings? _____ Yes _____ No

List ages of those who will attend childcare. _____, _____, _____ Parent Phone Number(s): _____

If applicable, Referring Agency Completing Form: _____

If applicable, Referring Contact Person: _____ Referral Source Phone Number: _____

email completed form to:

Emily Huffman
emily.huffman@mcbhc.org
724-662-1550 x 113

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Laura Leskovac
mercercountyctc@gmail.com
724-456-7785

What is SFP?

SFP is seven weeks of FREE FAMILY FUN that promotes communication and strong family relationships! Let us help you prepare for the journey through the adolescent years!

What to Expect:

Dinner is served promptly at 5:30pm before each session.

At 6pm, the program will start with the parents and youth aged 10–14 separating into individual sessions.

At 7pm, after an hour of individual sessions, the parents and youth come together as one large group.

The large family session will run until 8pm.

At the end of the night there will be weekly prizes and giveaways!

Parent Session Topics:

*How to show love & set limits

*How to make house rules

*Ways to encourage good behavior

*When to use consequences

*How to protect against substance abuse

*How to use community resources

Youth Session Topics:



*Setting Goals & Dreams

*Appreciating Parents

*Coping with Stress

*Following Rules

*Handling Peer Pressure

*Recognizing Qualities of a Good Friend

Family Session Topics:

*Importance of setting goals and dreams

*Value of appreciating family members

*Power of understanding family values

*Impact of building family communication



Tuesday Night Classes

Start Date: October 1st, 2024

End Date: November 12th, 2024

At the Holy Trinity Lutheran Church in Greenville

1 Trinity Place, Greenville, PA 16125

Wednesday Night Classes

Start Date: October 2nd, 2024

End Date: November 13th, 2024

At the Beloved Disciple Church in Grove City

1310 S Center St Ext, Grove City, PA 16127

On the back of this brochure, there is information on how to register and who to contact with questions!

Space is limited, register today!