

STRENGTHENING *families* PROGRAM

For Parents and Youth 10-14

SFP 10-14 Can Help You & Your Youth Prepare for the Teen Years!

A Free, Fun Opportunity to Strengthen Family Communication & Promote Family Bonding!

Join Us For Seven Weekly Sessions That Include:

- Fun Family Games and Activities
- Weekly Free Family Meal
- Free Childcare
- Weekly Gift Cards
- Weekly Prizes and a Graduation Gift
- Interaction With Other Parents
- Engaging and Interactive Youth Activities
- 2 Grand Prizes worth over \$250



Parents/Caregivers will discuss:

- The normal developmental changes in teenagers
- Helping youth to avoid risks and substance use
- Setting age appropriate limits - Helping youth to 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 and alcohol
- Empathy and appreciation of parents/caregivers
- Coping with stress

**HELPING TEENS TO
HAVE A GREAT
FUTURE!**

Build on Your Family's Strengths! Register Now For the Upcoming Program!

Starting: Wednesday, March 1, 2023 to April 12, 2023

Where: Coudersport Elementary School
802 Vine Street

Coudersport, PA 16915

When: Wednesdays

Time: 5:30-8:00pm (Dinner will be served at 5:30 and Program is from 6-8pm)

TO REGISTER,

Call (814) 486-0653 or complete and mail in the registration form below by February 22, 2023

Yes, my family would like to attend SFP 10-14!

Parent/Caregiver's Name(s): _____

Student's Name: _____

Address: _____

Telephone Number: _____

Childcare needed? Yes No

Number of children for childcare _____

Names of Children & Ages for Childcare: _____

Send registration to: **Sheri Larson, ADAS Prevention Program Manager**

34 East Fourth Street, Emporium, PA 15834

Or by email - larsons@adasonline.org