

Strengthening Families Program



Class for families with children ages 7+; skills taught:

- **Family- Well- Being**
bonding, communication, resiliency
- **Anger Control**
stepping out of anger technique, conflict resolution, managing stress
- **Knowledge Of Child And Parenting Development**
identifying Risk factors for brain development, tools to lower risks of child drug and alcohol abuse
- **Building Protective Family Traditions and Habits**
establishing regular Family Dinners and Family Meetings, developing Family Rules

“The power created by family unity could keep the whole world alight.”- unknown

The Strengthening Families Program (SFP) is an evidence-based family skills training program for high-risk and general population families that is recognized both nationally and internationally. Parents and youth attend weekly SFP skills classes together, learning parenting skills and youth life and refusal skills. They have separate class training for parents and youth the first hour, followed by a joint family practice session the second hour. (www.strengtheningfamiliesprogram.org by Karol Kumpfer)

Cost: Free

Location: Via zoom

**Duration: 6 weeks, twice a week, Tuesday & Thursdays
starting: 03/1/22 at 5:30 pm**

INFO Session: Those that are interested in more information about the program, please let us know by 02/11/2022 to receive a zoom link for an Information session on 2/17/22 at 5:30pm .

Please register at GenerationsFSC@leagacytreatment.org or call: (609) 269-4001
Space for this program limited!!!! Meals for the first and last class are provided for participating families. Families with perfect attendance will be entered into a raffle.