

STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

*Get the tools, skills, and
strategies to build stronger
families in seven sessions!*

Parents want to protect their children, but it's challenging. Youth need skills to help them resist peer pressure that leads to risky behaviors. Research shows that protective parenting improves family relationships and decreases the level of family conflict, contributing to lower levels of substance use.

Brought to you by:



SAN LUIS VALLEY AREA
COLORADO STATE UNIVERSITY



Please contact **Carol Gurule** for more information: Office: 719.852.7381 | Cell: 970.491.5699 |
Email: carol.gurule@colostate.edu

Registration

Parent/Caregiver: _____

Student Name(s) _____

Home/Cell: _____

Address: _____

Email: _____

Number of children needing childcare: _____

Food Allergies: _____

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Learn skills to help your youth succeed during the teen years!



Strengthening Families Program: For Parents and Youth 10-14

Coming to North Conejos
School Districts

Date: January 15, 2023

Dinner 5:30 PM

Program 6:00-8:00 PM

Location: TO BE ANNOUNCED

What is SFP 10-14?

SFP 10-14 is a proven effective, family inclusive program that promotes positive communication, family bonding, and joint problem-solving skills.

What to expect?

- A **six-week** program that meets **one night each week** for **2 hours**.
 - Hour 1 = parents and youth meet separately but work on similar skills.
 - Hour 2 = Families have fun together as they play games and do family projects.
- Youth sessions include discussions, group skills practice, and games.
- Parent sessions include video presentations, group discussions, and skill building activities.
- Each night's meeting begins with a **free family meal**.
- **Free childcare** is provided for younger siblings.

SFP IS FREE! DINNER AND CHILDCARE ARE PROVIDED!

Come learn more about...

For Parents:	For Youth:	For Families:
Setting appropriate limits Encouraging good behavior Using effective consequences Protecting against risks Sharing expectations	Setting and reaching goals Appreciating parents Managing stress Following rules Resisting peer pressure	Supporting goals and dreams Solving problems together Building family communication Sharing family values
<i>Strong loving families working and having fun together!</i>		

TO REGISTER FOR CLASSES, CONTACT:

Carol Gurule: carol.gurule@colostate.edu; 719.852.7381 OR 970.491.5699.

FOR MORE INFORMATION, CONTACT US AT:

Strengthening_Families@Colostate.edu

