



STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

familias fuertes

- Strengthens parent/youth communication skills and relationships.
- Helps families to navigate the challenges of the teen years.
- Activities promote family problem solving and can reduce conflict between parent and child.



SFP meets one night a week over seven weeks for parent/caregiver, youth and family activities. This program is at no cost and also includes a weekly family-style dinner and on-site childcare (up to age 9). As a bonus, each participating family will receive a \$25 gift card the second night to cover transportation costs and another \$25 gift card upon graduation.

Don't miss out on this opportunity. Register at least one week prior to class.

Make a difference for your family

SFP is a seven session effective program that:

- ◆ Prevents substance abuse and other unwanted behaviors.
- ◆ Strengthens the parent/caregiver and youth communication and relationships.
- ◆ Can increase academic success and school attendance.



UPCOMING DATES

Strengthening Families Program

United Methodist Church of Gettysburg

Tuesdays, May 30th - July 18th 6:00 pm to 8:30 pm

[No class July 4th]

Carroll Valley Pavilion and Community Room

Thursdays, June 15th - July 27th 6:00 pm to 8:30 pm

Maple Avenue Middle School

Tuesdays, September 12th - October 24th

6:00 pm to 8:30 pm

Conewago Valley Intermediate School

Late October start date - to be determined.

Familias Fuertes

York Springs

August start date

To Register

Call Karen Breighner at 717-338-0300 x 19

Email at strengtheningfamilies@cfygettysburg.com

Call Keyra Benner at 717-338-0300 x 26 or email at office@cfygettysburg.com

Please provide your information if you prefer we contact you.

Name: _____

Phone Number: _____

Best time to call: _____ May we leave a voicemail? _____

Email Address: _____

The **Strengthening Families Program** is a CFY collaborative project implemented by the Center For Youth & Community Development & funded by the County of Adams and the York/Adams Drug & Alcohol Commission.

COLLABORATING

Doing what works
in Adams County

FOR YOUTH