

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
- A Free Family Meal
- Free Childcare
- \$10 Weekly Gas Cards
- Weekly Prizes
- Interaction with Other Parents
- Engaging and Interactive Youth Activities
- 2 Grand Prizes worth \$250.00 per prize



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!

Oct. 20th to Dec. 1st – Potter Co. Human Services Building, 62 North St., Roulette, PA 16746 – Tuesdays @ 5:30pm

TO REGISTER,

Call **814-642-9541** or complete and mail in the registration form below by **October 16th**.

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

Parent/Caregiver's Name(s): _____

Student's Name: _____

Address: _____

Telephone Number: _____

Transportation needed? **Yes No**

Childcare needed? **Yes No**

Number of children for childcare _____

Names of Children Needing Childcare: _____

Please mail to: **ADAS, 12 Church Street, Port Allegany, PA 16743**