

The Strengthening Families Program 10-14 has been scientifically evaluated with over 400 families through Project Family at the Institute for Social and Behavior Research at Iowa State University.

Analysis of data demonstrated positive results for both parents and youth.

**PROVEN RESULTS:**

- Improved family relationships
- Reduction of risky adolescent behavior
- Parents increase their parenting skills
- Youth practice in building skills to better manage peer pressure and resolve conflict

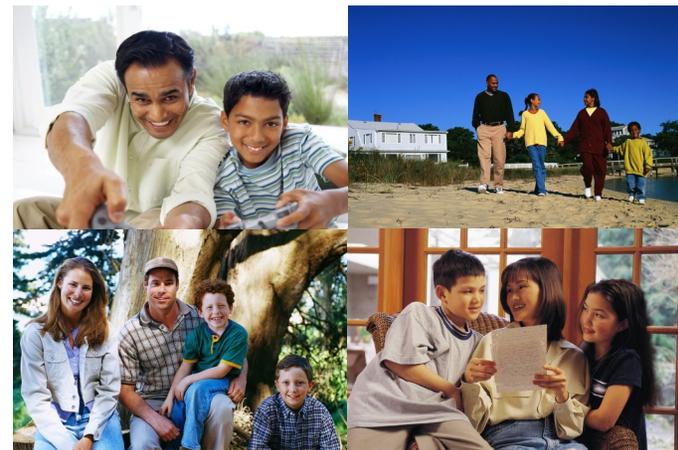
Learn more about the Strengthening Families Program 10-14 at <http://www.extension.iastate.edu/sfp/>

**SPONSORED BY:**

**Central York School District**  
**Central York Communities That Care**  
**York Christian Church (for family meals)**  
**Family-Child Resources, Inc.**  
*An affiliate of Holcomb Behavioral Health Systems*  
**York /Adams Drug and Alcohol Commission**

# Strengthening Families Program

For Parents and Youths (ages 10-14)



**Thursdays**

**March 20 - May 1, 2014**

**(NOTE: Session 5 will be Wednesday, April 16)**

***Hayshire Elementary School***  
***2801 Hayshire Drive, York***

- Designed to:*
- *Help parents build on their strengths by showing love and setting limits.*
  - *Help youth develop skills to handle peer pressure and build a positive future.*
  - *Help families grow together.*



**Who?** Parents or caregivers and their children (ages 10-14)

- What?**
- The Strengthening Families Program 10-14 has seven sessions.
  - All sessions are filled with games, skits, videos, and projects that are designed to improve and strengthen your family.
  - During the first hour, parents and youth meet separately with their facilitators.
  - During the second hour, parents and youth meet together as a family.

**Where?**  
and  
**When?**

**Hayshire Elementary School**  
**2801 Hayshire Drive**  
**York, PA 17406**

Thursdays, March 20 - May 1, 2014

**NOTE: Session # 5 will be Wednesday, April 16**

6:00 to 8:30 p.m.

A complimentary meal will be served from  
6:00 until 6:30 p.m.

*There is no charge to attend this program.*

***Registration deadline: March 13, 2014***

**Questions?** Call Family-Child Resources at (717) 757-1227

**YES**, my family would like to attend the program starting on March 20, 2014.

Name of parent/caregiver: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Other adult attending: \_\_\_\_\_

Participating child/children's name(s) and age(s):

\_\_\_\_\_

\_\_\_\_\_

Do you or other attendees have any special needs? (example: food allergies)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

You must register to attend. Registration is limited.

To register, please contact Jane Kieber at  
Family-Child Resources at (717) 757-1227  
ext. 274

or

complete this form and return to your  
child's school.