



Strengthening Families Program For Parents/Caregivers and Youth ages 10-14

*Named the number one prevention program for long term effects on substance use and misuse
~ Dr. David Foxcroft, Oxford Brookes University*

Who: Families of current 5th grade youth and Parkview Middle School youth

Where: Parkview Middle School

Time: Free dinner served 5:30-6:00 PM. Program sessions 6:00-8:00 PM.

Dates: Tuesdays: February 4th, 11th, 18th and 25th and March 4th and 11th

Costs: \$10 registration fee is requested if you are able. Sign up closes Tuesday, January 28th or when max. # of families is reached

What is the Strengthening Families Program?

An evidence-based parent, youth, and family skills-building curriculum that

- Strengthens parent/youth communication skills
- Increases academic success in youth
- Prevents adolescent substance abuse and other problem behaviors

Join us for 6 sessions which includes the following:

- **Free meals** catered from local restaurants.
- **Free childcare** by Ashwaubenon school district staff members for children ages infant to 9 years of age.
- Weekly drawings for **door prizes**.
- Parent sessions include discussions and activities about: what youth this age are like, developing rules and consequences, how to problem solve with youth, various ways to show love and support. The goal is to help support parents with youth preparing for teen years, strengthen family communication, and help youth avoid problems with drugs and alcohol.
- Youth (ages 10-14) sessions include discussions and activities about: resisting peer pressure, handling frustration, and appreciating parents and caregivers.
- Family sessions bring parents and youth together to share things that make your family strong, strategies to solve problems together, and have fun in activities and games.

Registration will be on a first received, first accepted basis as the program is limited to a maximum of 13 families. **Contact:** Amy Dillenberg (920-492-2905 X1013), Kelly Lohrentz (920-492-2925 X6199), or Kari Breitenfeldt (920-492-2945 X4325) if you have questions or to register with the below information.

Name(s) of Parent(s)/Caregiver(s) attending:

Names and ages of children attending:

Address:

Phone:

_____ Please waive the registration fee based on our free/reduced meal status