Kelly Burke kelly.burke@mercercountybhc.org Fax: 724-662-1557 Phone: 724-662-1550 ext 108

If applicable, Referring Contact Person:

If applicable, Referring Agency Completing Form:

List ages of those who will attend childcare

School District the Student Attends:

Parent's/Caregiver's Name(s):

Family Mailing Address

Will you need childcare for younger siblings?

Yes Age

K

THIS PORTION:

Student's Name: Grade Level

Parent Phone Number(s):

Referral Source Phone Number:

-amilies TRENGTHENING

Phone: 724-456-7785

Laura Leskovac lauraleskovac@hotmail.com

## FOR MORE INFORMATION, **CONTACT:**

Laura Leskovac 724-456-7785 lauraleskovac@hotmail.com

Kelly Burke 724-662-1550 kelly.burke@mercercountybhc.org

## STRENGTHENING Families PROGRAM FOR PARENTS AND YOUTH 10-14

Enrollment forms can be mailed, emailed or faxed to:

**Kelly Burke** 

**Mercer County Behavioral Health** Commission, Inc. 8406 Sharon-Mercer Rd. **Mercer, PA** 16137 Fax: 724-662-1557 kelly.burke@mcbhc.org

\*Program funded by:

Mercer County's Office of Children, Youth and Families Needs Based Budget



A FREE 7 Session Program for

families with children ages 10-14!!

**Start Date:** 

Tuesday, March 5, 2019

Location:

**Grace Chapel Community Church** 4075 Lamor Rd Hermitage



Dinner: 5:30-6:00pm

Program: 6:00-8:00pm



**Strengthening Families Program:** For Parents and Youth 10-14 Program developed at Iowa State University



# Strengthening Families Program (SFP 10-14) for Parents & Youth Ages 10-14

## **WHAT TO EXPECT:**

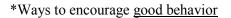
- A FUN filled family program where each participant is treated with dignity and respect.
- **SFP** focuses on parents' and youths' already existing strengths.
- **Dinner** is provided promptly at 5:30pm each session.

childcare room.

- At 6:00pm, parents and youth ages 10-14 separate into individual sessions. Also during this time, younger siblings go to the
- At 7:00pm, youth re-join parents and the family session runs until 8:00pm.
- Weekly prizes and give-aways are an exciting part of the program!
- Space is limited, register today!
   Registration information is included on the back side of the brochure as well as who to contact with questions.
- Read on to see what topics are discussed and what Mercer County families are saying about the program!

#### PARENT SESSION TOPICS

- \*How to show love & set limits
- \*How to make house rules



- \*When to use consequences
- \*How to protect against substance abuse
- \*How to use <u>community resources</u>

#### **YOUTH SESSION TOPICS**

\*Setting Goals & Dreams

\*Appreciating Parents



- \*Dealing with Stress
- \*Following Rules
- \*Handling Peer Pressure

\*Reaching Others

### **FAMILY SESSION TOPICS**

- \*Importance of supporting goals & dreams
- \*Value of appreciating family members
- \*Power of understanding <u>family values</u>
- \*Impact of building family communication



# WHAT MERCER CO FAMILIES ARE SAYING ABOUT SFP:

- "I learned to communicate with my daughter more effectively."
- "I learned to set limits without losing my cool."
- "This program provided us tools for family improvement."
- "I learned to listen to what my son's feelings are."
- "The Strengthening Families Program brought our family closer together."
- "I liked knowing we weren't alone in the issues we have. Our family looked forward to coming to the program each week. We are even going to keep in touch with another family we met here."
- "I learned I can talk over the problem without yelling."
- "I learned that youth have feelings, needs, and stresses."
- "SFP is fun and they treat you kindly."
- "I liked that I could spend time with my mom."
- "The most valuable thing I learned is respect and patience."