

STRENGTHENING Families PROGRAM

for parents and youth 10-14

A **FREE** 7 Session Program for families with children ages 10-14!!

Start Date:

Oct-Nov 2015

~details to be announced~

Location:

~to be determined~



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

FOR MORE INFORMATION, CONTACT:

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Kelly Burke 724-662-1550

kelly.burke@mercercountybhc.org

STRENGTHENING Families PROGRAM
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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@mercercountybhc.org



TO ENROLL, PLEASE COMPLETE AND RETURN THIS PORTION:

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

School District the Student Attends: _____ Grade Level _____ Age _____

Family Mailing Address: _____ Will you need childcare for younger siblings? _____ Yes _____ No

List ages of those who will attend childcare: _____, _____, _____ Parent Phone Number(s): _____

If applicable, Referring Agency Completing Form: _____

If applicable, Referring Contact Person: _____ Referral Source Phone Number: _____

Mail, Email or Fax completed form to:

Kelly Burke

kelly.burke@mercercountybhc.org

Fax: 724-662-1557

Phone: 724-662-1550 ext 108



Laura Leskovac

lauraleskovac@hotmail.com

Phone: 724-456-7785



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.
- At 6:00pm, parents and youth ages 10-14 separate into individual sessions. Also during this time, younger siblings go to the **childcare** room.
- 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
- *Ways to encourage good behavior
- *When to use consequences
- *How to protect against substance abuse
- *How to use community resources



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 family values
- *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."