

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

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

**FOR MORE INFORMATION,  
CONTACT:**

**Laura Leskovic 724-456-7785**  
**[lauraleskovic@hotmail.com](mailto:lauraleskovic@hotmail.com)**

**Kelly Burke 724-662-1550**  
**[kelly.burke@mercercountybhc.org](mailto:kelly.burke@mercercountybhc.org)**



**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](mailto:kelly.burke@mcbhc.org)**

*\*Program funded by:*

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



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: \_\_\_\_\_

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# 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."