

For 5th and 6th
Grade Youth
And Parents

FREE

For More
Information
Contact:

Betty Jo Wilcox
at 362-1834

or

Ron
Hammersley
at 887-9344

McKean County STRENGTHENING *families* PROGRAM

Workshops For Fun And Learning

Join us for seven sessions. . .
to strengthen family communication and prepare for the teenage years

Parents learn about:

- What youth this age are like
- Making rules and consequences
- Ways to show love and support

Youth learn how to:

- Handle frustration and resist peer pressure
- Appreciate parent/caregivers
- Get along with others

Families will:

- Have fun in activities and games
- Discuss what makes their family strong
- Learn to solve problems together



**Check out
www.sfpmkcan.net
to find out more.**

**Sessions running the weeks of
Sept. 25th–Nov. 8th at your school.**

✂Clip and return✂

**Choose Your
Location:**

- Bradford
- Kane
- Otto-Eldred
- Port-Allegany
- Smethport
- St. Bernard's

ENROLLMENT FORM
Strengthening Families Program

**Register by:
September 19th**

Parent/Caregiver(s) Attending _____

5th/6th grade child(ren) attending _____

Parent Address: _____

Daytime phone: _____ Evening phone: _____

Email address: _____

Number of children needing to attend babysitting: _____ Their ages: _____

Return enrollment form to:

**Betty Jo Wilcox
1 Mechanic St.
Bradford, PA 16701**

Prevention Is Cost Effective:



- Every dollar invested in the *Strengthening Families Program* could save an estimated \$9.60 from the cost of addressing substance abuse problems.¹
- Programs designed to strengthen families and prevent adolescent problems save money in the long run for schools, families and communities.²

Prevention Works:

McKean County parents who went through the *Strengthening Families Program* confirmed that it is beneficial. On average, parents felt their abilities improved in the following ways:

- 46% increase in *Stress Management Skills*.
- 44% rise in *Communication of Family Values*.
- 46% boost in *Positive Family Communication*.

Youth also felt the program was positive:

- a 44% jump in *Stress Management Skills*.
- a 29% gain in *Empathy Towards Parents*.
- a 30% surge in *Peer Resistance Skills*.



¹ Spoth, R.; Guyull, M.; and Day, S. X. (2002). S. Universal family-focused interventions in alcohol-use disorder prevention: Cost effectiveness and cost-benefit analyses of two interventions. *Journal of Studies on Alcohol* 63:219-228.

² Washington State Institute for Public Policy. (2004). *Benefits and Costs of Prevention and Early Intervention Programs for Youth*. Olympia, WA. www.wsipp.wa.gov.



“The Strengthening Families Program helped us to recognize ‘realistic’ solutions for everyday problems that we face - ideas were shared that we had never thought of! The program was extremely effective and fun at the same time! We couldn’t wait to see what was next every week! I would recommend this program to any parent and/or child struggling with everyday issues or to someone who simply wants to be a better parent.”

– Lori Dunkle, pictured above with her daughter Olivia.

How Can You Get Involved as a:

- Community Member
- Parent
- Community Organization
- Youth

The *McKean County Strengthening Families Program* is coordinated through a team of agencies and individuals in each community, called PROSPER Teams. These teams work together to promote the program, recruit participants and evaluate progress.

For information on helping your local PROSPER team call Valerie Kish at the Penn State Cooperative Extension Office (814) 887-5613 or log on to www.sfpmckean.net.