

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*.



“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.

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.

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.