For 5th and 6th Grade Youth And Parents

McKean County STRENGTHENING *families* PROGRAM

Workshops For Fun And Learning

FREE
- Program
- Dinner
- Babysitting

Join Us For Seven Sessions...

to strengthen family communication and prepare for the teenage years!

Parents learn about:
- Using rewards and consequences
- Making house rules
- Protecting youth from negative peer pressure

Youth learn how to:
- Handle frustration and resist peer pressure
- Appreciate parents/caregivers
- Set future goals

Families will:
- Have fun in activities and games
- Discuss what makes their family strong
- Learn to solve problems together through family meetings

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

Sessions running the weeks of Feb. 11th - April 1st at your school.

For More Information Contact:

Betty Jo Wilcox at 362-1834

✂Clip and return✂

ENROLLMENT FORM
Strengthening Families Program

Register by: February 4th

Choose Your Location:
- ☐ Bradford
- ☐ Kane
- ☐ Otto-Eldred
- ☐ Port Allegany
- ☐ Smethport

Parent(s)/Caregiver(s) Attending: _____

5th/6th Grade Child(ren) Attending: _____

Parent(s) Address: _____

Daytime Phone: _____ Evening Phone: _____

Email Address: _____

Number of children needing to attend babysitting: _____ Ages: _____

Return enrollment form to:

The Family Center
1 Mechanic Street
Bradford, PA 16701

Funding for this workshop is made possible through a grant to The Guidance Center from the Pennsylvania Commission on Crime and Delinquency and community donations. Workshops are provided in partnership with The Guidance Center, McKean County PROSPER Teams, local school districts, Penn State Cooperative Extension, Alcohol and Drug Abuse Services, various community agencies and citizens.

What Is The McKean County Strengthening Families Program?:

The Strengthening Families Program in McKean County seeks to help families:

- strengthen communication
- prepare for the teenage years

The interactive program runs one night a week for seven weeks at an area school. The evening begins at 5:30 p.m. with a **free dinner**. At 6:00, youth and parents split up to spend an hour with their peers. Then, from 7:00-8:00, the youth and parents come back together to have a one hour family session to end the evening.

To find out what the topics are for each sessions, look at the box below. To learn more about the McKean County Strengthening Families Program, check out www.sfpmckean.net.

The McKean County Strengthening Families Program Works:

McKean County parents who went through the *Strengthening Families Program* confirmed that it was 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, shown by a:

- 44% jump in *Stress Management Skills*.
- 29% gain in *Empathy Towards Parents*.
- 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 In Supporting The Program:

As a...

- Youth
- Parent
- Community Member
- Community Organization

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 particpants and evaluate progress.

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

Topics For The Seven Weeks of The Strengthening Families Program

Parent:	**Youth:**	**Family:**
Using Love & Limits	Having Goals & Dreams	Supporting Goals & Dreams
Making House Rules	Appreciating Parents	Appreciating Family Members
Encouraging Good Behavior	Dealing with Stress	Using Family Meetings
Using Consequences	Following Rules	Understanding Family Values
Building Bridges	Dealing with Peer Pressure	Building Family Communication
Protecting Against Substance Abuse	Peer Pressure & Good Friends	Families & Peer Pressure
Using Community Resources	Reaching Out To Others	Putting It All Together