

**For 5th and 6th
Grade Youth
And Parents**
(one or both parents)

McKean County **STRENGTHENING** *families* **PROGRAM**

Workshops For Fun And Learning

FREE

- Program
- Dinner
- Babysitting

**For More
Information
Contact:**

**Betty Jo Wilcox
at 362-1834**

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.sfpmkcan.net
to find out more.**

**Sessions running the weeks of
Oct. 7th-Nov. 18th at your school.**
Register by: September 22nd

✂Clip and return ✂

**Choose Your
Location:**

- Bradford
- Kane
- Otto-Eldred
- Port Allegany
- Smethport
- St. Bernards
(Fall Only)

ENROLLMENT FORM
Strengthening Families Program

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

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

Parent(s) Address: _____

Daytime Phone: _____ Evening Phone: _____

Email Address: _____

Number of children who need to attend babysitting: _____ Ages: _____

Return enrollment form to:
The Family Center
1 Mechanic Street
Bradford, PA 16701

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 session, look at the box below. To learn more about the McKean County Strengthening Families Program, check out www.sfpkmckean.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:

- 44% increase in Stress Management Skills.
- 49% rise in Communication of Family Values
- 40% boost in Positive Family Communication

Youth also felt the program was positive, shown by a:



- 59% jump in Stress Management Skills.
- 34% gain in Empathy Towards Parents.
- 32% 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. These teams work together to promote the program, recruit participants and evaluate progress.

For more information on helping your local team, call Betty Jo Wilcox at the Bradford Family Center (814-362-1834) or go to www.sfpkmckean.net.

Topics For The Seven Weeks of The Strengthening Families Program

Parent:

Using Love & Limits
 Making House Rules
 Encouraging Good Behavior
 Using Consequences
 Building Bridges
 Protecting Against Substance Abuse
 Using Community Resources

Youth:

Having Goals & Dreams
 Appreciating Parents
 Dealing with Stress
 Following Rules
 Dealing with Peer Pressure
 Peer Pressure & Good Friends
 Reaching Out To Others

Family:

Supporting Goals & Dreams
 Appreciating Family Members
 Using Family Meetings
 Understanding Family Values
 Building Family Communication
 Families & Peer Pressure
 Putting It All Together