

# Strengthening Families Program

The **Strengthening Families Program (SFP)** is a **FREE** parenting and family skills program that consists of 14 consecutive weekly skill-building sessions. Parents and children work separately in training sessions and then participate together in a session practicing the skills they learned earlier.

## Parent Session

- Using Love & Limits
- Making House Rules
- Encouraging Good Behavior
- Using Consequences
- Protecting Against Substance Abuse



**FREE Family dinner provided at every session!**

**Do you have children between 12-16?**



## Youth Session

- Having Goals & Dreams
- Appreciating Parents
- Dealing with Stress
- Following Rules
- Peer Pressure
- Reaching Out to Others

## Family Session

- Supporting Goals & Dreams
- Appreciating Family Members
- Understanding Family Values
- Building Family Communication
- Putting It All Together!



**For Information Call:  
(415) 296-9900**



**Raffles' for Participation  Gift per family upon successful completion**

*“Keeping Kids in School, Out of Trouble and Safely in the Community”*