

A **Free—Fun** Opportunity to Strengthen Family Communication & Promote Family Bonding!

- ★ *Fun Family Games & Activities*
- ★ *Free Family Meal*
- ★ *Weekly Prizes*
- ★ *Childcare for younger siblings*
- ★ *Youth Skill Building Activities.*
- ★ *Interaction with other Parents & Caregivers*



Build on your family's strengths!

Register now for the upcoming program.

ALL programs are 6pm to 8:30pm

Fall 2016:

Laurel Highlands Middle School
Tuesdays, October 4th to November 15th
Uniontown Area School District
Thursdays, October 6th to November 17th

Spring 2017:

Laurel Highlands Middle School
Tuesdays, February 28th to April 11th
Uniontown Area School District
Mondays, February 27th to April 10th

SFP 10-14 is a partnership among Penn State Extension, the Laurel Highlands and Uniontown

School Districts, local volunteers, and the Penn State University scientists and experts that make up the PROSPER State Level Management Team.

To learn more about SFP 10-14, call Jennifer Deichert—724-438-0111

**E-mail: jld61@psu.edu
Penn State Extension
34 W. Peter Street
Uniontown, PA 15401**

An **OUTREACH** program of the College of Agricultural Sciences

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Visit Penn State Extension on the web: extension.psu.edu

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Penn State **Extension**

You want the best for your child as they mature into a teenager.

SFP 10-14 will help you



STRENGTHENING Families PROGRAM for parents and youth 10-14



PENNSTATE



Cooperative Extension
College of Agricultural Sciences

extension.psu.edu/prosper

Register our family for SFP 10-14:

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Our family is not able to attend.

Please contact us for the next program.

Parent/Caregiver Name(s):

Student Name: _____

Grade _____ School _____

Home Address: _____

Telephone : _____

E-mail: _____

Number attending the **Family Meal**: # _____

Dietary needs or food allergies: _____

Childcare will be provided for younger children in the family. Please provide name(s) and age(s).

Name: _____ (age) _____

Name: _____ (age) _____



Youth learn and practice:

- ✧ *Setting positive future goals*
- ✧ *Peer pressure resistance skills*
- ✧ *Positive management of emotions— coping with stress*
- ✧ *Communication skills*

Parents/Caregivers learn how to help their youth:

- ✧ *Transition to the teen years and adjust to middle school*
- ✧ *Practice decision making and life skills including stress management, peer relationships and goal setting*
- ✧ *Strengthen peer pressure resistance skills to avoid risks and substance use*

To register, call or E-mail
Jennifer Deichert-Penn State Extension
724-438-0111 E-mail: jld61@psu.edu
 or return completed registration form to
 your child’s school office
Attn: Jennifer Deichert

What Parents Say About SFP 10-14

“It’s a great program! It will help you and your child understand each other more and it will make the next few years easier!”

“This is a class to enhance your already existing parenting skills and give you more skills that you may miss.”

“This program is for all parents, I don’t think any parent can have too many ‘tools’ in their bag. “



What Youth Say About SFP 10-14

“I learned how to have a good family meeting.”

“I learned how to deal with peer pressure and about reaching my goals.”

“You get to spend FUN time with your parents.”

