



- Free to families with youth ages 10-14
- Free Transportation
- Free dinner before every meeting
- Free childcare during sessions for siblings under age 10
- Certificates awarded at completion

To Register Contact us at:

 (810) 356-7698

 sff@fches.org

 FCHES.org/sff



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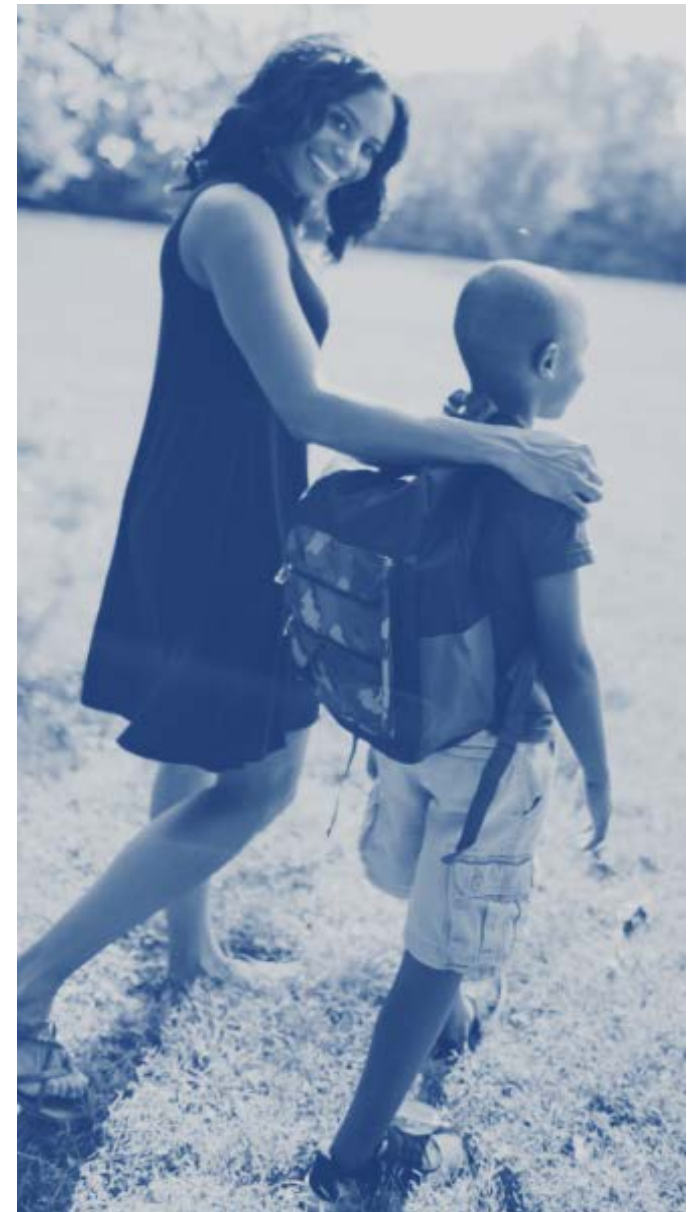


Division of Public Health
College of Human Medicine
MICHIGAN STATE UNIVERSITY



SCHOOL OF NURSING
UNIVERSITY OF MICHIGAN

STRENGTHENING FAMILIES PROGRAM



Strengthening Families Program: For Parents and Youth 10-14

A parent, youth, and family skill-building curriculum designed to:

- Strengthen parenting skills
- Build family strengths
- Prevent teen substance use and other behavior problems

Do You Feel that Parenting is a Challenge?

Parents want to protect their children, but it's challenging. Youth need skills to help them resist the peer pressure that leads to risky behaviors.

Exciting sessions each week for:

- Parenting skills
- Youth social skills
- Family life skills
- Separate lessons for children and parents every week
- Combined family sessions each week
- Certified Staff
- Family fun nights and booster sessions scheduled for families throughout the year



Strengthening Families Program has made a difference in families in all **50 states** and in more than **25 countries**.

Reducing Risk Factors, Increasing Protective Factors

Risk Factors of Youth and Families

- Aggressive or withdrawn behavior
- Negative peer influence
- Poor school performance
- Lack of pro-social goals
- Poor relationship with parents

Protective Factors of Youth and Families

- Positive future orientation
- Peer pressure resistance skills
- Pro-social peer relationships
- Positive management of emotions
- Empathy with parents