

Strong, loving families working and having fun together!

Family Night Out!

For parents and youth ages 10-14

Learn skills to help your youth succeed during the teen years.

Strengthening Families Program (SFP) 10-14 is a proven effective, family inclusive program that promotes positive communication, family bonding and joint problem solving skills.

FREE Program, Dinner, Childcare, Raffles and Prizes!

Parents will gain strategies for...

- ◆ Setting appropriate limits
- ◆ Encouraging good behavior
- ◆ Using effective consequences
- ◆ Protecting against risk
- ◆ Sharing expectations

Youth will develop skills for...

- ◆ Setting and reaching goals
- ◆ Managing stress
- ◆ Resisting peer pressure
- ◆ Following rules
- ◆ Appreciating parents

Sponsored by



Wednesday evenings for seven weeks

**Indian Crest Middle School
139 Harleysville Pike, Souderton, PA**

**February 7, 14, 21, 28
March 7, 14 & 21
5:30–8:00 p.m.**

For more information, contact Carolyn Herrera at cherrera@fsmontco.org or 610-630-2111 ext. 270.

Yes, sign me up for Strengthening Families Program (SFP) 10-14.

Your Name

Street Address

Child(ren) Name(s) and Age(s)

Phone Number

E-mail Address

Please register by emailing the above information to DonnaLea Pyrz, IVCCC Project Director at donnap@northpennymca.org or mail directly to 890 Maple Ave. Harleysville, PA 19438 Phone: [215-723-3569](tel:215-723-3569), ext. 116