Who is the Strengthening Families 7 Week Program for?

Parents and children/youth (8 to 13 years) concerned about:

- Conflict in the home
- Social isolation and lack of community connection
- Disrupted home relationships
- Sibling aggression
- Stressful communication challenges at home & in school
- Bullying at school
- Negative peer influence



Interested in the Strengthening Families 7 Week Program?

Four Programs delivered per year. Want to learn more about what SFP can do for your family? Want to register for the program?



Contact: Uncles & Aunts at Large 11031-124 Street Edmonton, Alberta T5M 0J5 780-452-5791 info@unclesatlarge.ab.ca

Program Background

First developed in 1984, SFP has been successfully delivered around the world. Its positive results have been thoroughly evaluated. Researchers describe SFP as an "exemplary, evidence-based program".

Learn more at:

www.strengtheningfamiliesprogram.org





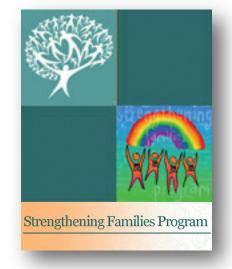
Partially funded by Edmonton Community Foundation



Serving Edmonton families for over 50 years

Strengthening Families 7 Week Program

for Children/Youth & Parents



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PROGRAM RESULTS

Through a series of interactive twohour workshops, SFP teaches youth and their parents' skills to help with some of today's challenges.

Parents Gain Skills in:

- Using love and limits
- Encouraging good behavior
- Setting and reinforcing respectful home and school rules
- Reducing youth risk of substance abuse and other negative behaviors

Youth Gain Skills in:

- Appreciating parents
- Honoring home and school rules
- Handling peer pressure
- Developing and maintaining supportive relationships

Families Benefit from:

- Positive communication skills
- Learning to support each other's goals and dreams
- Making healthy life choices
- Sharing enjoyable learning, play, and planning time

PROGRAM OVERVIEW

Youth and parents take part in weekly two hour interactive sessions which include:

- Family meal (30 minutes)
- Separate groups for parents and youth (one hour sessions)
- Family group session (30-45 minutes)

Total Commitment -2 hours/week for 7 weeks

SESSION ACTIVITIES

- Two trained SFP facilitators lead the parent and youth groups.
- The facilitators work with the families to help parents and youth practice skills together.
- Discussions, role plays, and games, make learning interesting and engaging.
- Parent and youth participants will have time to share important personal experiences and work through some challenges together.
- Handouts and notes help families practice and apply learning at home.

EASY ACCESS & GREAT SUPPORT FOR FAMILIES

- The Strengthening Families
 Program is available at no cost to interested families.
- Each session starts with a nourishing, light meal.
- During the meal, youth and parents enjoy a relaxing chance to catch up with other participants and the SFP team.
- ✓ SFP facilitators follow up with families between sessions to answer questions and help apply workshop skills.
- ✓ Opportunity to celebrate success through a program graduation.
- Booster sessions to review skills and connect with the SFP team and other families.