

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

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



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
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Proud Partnership with Canadian Progress
Clubs of Edmonton & Area



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 two-hour 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.