

Do you want to...

- ◆ help your child succeed in the future?
- ◆ keep your child from serious behavior problems like drug and alcohol use?
- ◆ maintain a positive relationship with your child during the challenging teen years?

In just seven 2-hour sessions

- ◆ You will learn how to show love while setting limits
- ◆ Your child will develop skills in handling peer pressure and building a positive future
- ◆ Your family will grow and have fun together

Strengthening Families is an evidence-based skills-building Program that improves parent skills, reduces youth conduct problems, increases youth's resistance to peer pressure, lowers levels of youth aggression, and delays onset of adolescent substance use.

For more information:

www.extension.iastate.edu/sfp10-14/

Strengthening Families Program 2020 Calvary Lutheran Church

For 5th grade families

Dates of Sessions:

Wednesday evenings during Lent
Starting Wednesday, February 26—
Wednesday, April 8

Session Time: 6:00—8:00pm

\$100 Registration Fee

Scholarships are available

Registration Deadline

Sunday, February 23

Please turn in registration form and payment
to the Calvary Office or email to
kwarren@calvarybemidji.org

Strengthening Families Program

For Parents/Caregivers and
Youth in 5th grade.
Wednesday, February 26—
Wednesday, April 8
6:00pm—8:00pm



What happens at the Strengthening Families Program?

These are just some of the activities:

- Parents identify stresses of youth today, and talk about how they compare to the stresses they had when they were young
- Parents learn how to create and enforce house rules
- Youth learn about what is hard about being a parent, and why their parents might be stressed
- Youth identify gifts they have received from their parents in categories of Fun Times, Things You Learn, Material Things, and Ways You Know You Are Loved
- Each family creates a Family Tree and identifies strengths in their family
- Parents learn how to create point charts as a way to encourage positive behavior
- Families learn how to conduct Family Meetings and why they are valuable
- Each family creates a Family Shield that connects their family's values to their activities and decisions
- Parents learn the value of good listening and how to listen for feelings. They talk about how things were when they were kids and what they learned about listening in their own family
- Parents learn the basis of behaviors in their youth
- Families learn joint problem-solving skills
- Youth learn what things make a good friend; what behaviors, attitudes, & actions would inform them that someone is not a good friend

What Calvary youth have said about the program!

I learned how to deal with peer pressure—

It was very fun and learnable—

I learned how to try to stop or resist peer pressure—

It really helps you to communicate better to each other—

I think learning how to deal with peer pressure is really important—

You should try it because it was real fun—

It really helps! It encourages you to make the right choices. And reach your goals! AND it's REALLY fun!!—



What Calvary parents have said about the program!

—The most valuable thing I learned is how to communicate better with my child to get the results I expect.

—I learned how to be clear with expectations and potential consequences before the fact.

—As parents, we are all going through the same things and it makes you feel much more supported and understood to know that you are not alone.

—The program has so many tools that are easy to incorporate into your family's daily life. The tools make sense and work!

—This is a valuable, specific, and doable course that will help you as a parent. I highly recommend it to others.

—I would tell other parents to absolutely take the course. Keep an open mind about how you can be a better parent and give your child credit. They may surprise you by how much they need this class!! And how much you need it as well!!