



STRENGTHENING FAMILIES PROGRAM

FOR STUDENTS AGES 10-14 AND THEIR PARENTS/ CAREGIVERS

AN EVIDENCE-BASED PROGRAM

DELIVERED BY VALLEY YOUTH HOUSE TO

HELP YOUR FAMILY BECOME EVEN STRONGER!

Northeast Community Center

This FREE, 7-week program will take place on:
January 24, 31, February 7, 14, 21, 28, and March 6 from 5:30-8:00 p.m.
Family meals are provided on some weeks.

Families learn...

- ~ how to protect their youth from substance abuse (drugs & alcohol).
- ~ coping skills for managing stress.
- ~ ways to set boundaries and express feelings.
- ~ effective communication strategies.

TO REGISTER:

Please contact Martha Fenningham at mfenningham@valleyyouthhouse.org.

THIS PROGRAM IS FUNDED BY THE NORTHAMPTON COUNTY DEPARTMENT OF DRUG & ALCOHOL.



PROGRAMA DE FORTALECIMIENTO DE FAMILIAS

EDADES 10-14

UN PROGRAMA BASADO EN EVIDENCIA
FACILITADO POR VALLEY YOUTH HOUSE A
AYUDE A SU FAMILIA SER AÚN MÁS FUERTE!

Northeast Community Center

Este programa GRATUITO de 7 semanas se llevará a cabo en:
24, 31 de enero, 7, 14, 21, 28 de febrero y 6 de marzo de 5:30 a 8:00 p.m.
Se proporciona comida en algunas semanas.

Las familias aprenderán...

- ~ cómo proteger los niños del abuso de sustancias (drogas & alcohol).
- ~ habilidades de afrontamiento para manejar el estrés.
- ~ formas de establecer límites y expresar sentimientos.
- ~ estrategias de comunicación efectivas.

PARA REGISTRARSE:

Por favor contacte La Sra. Martha Fenningham al mfenningham@valleyyouthhouse.org

ESTE PROGRAMA ES FINANCIADO POR NORTHAMPTON COUNTY DEPARTMENT OF DRUG & ALCOHOL.