



Purdue Extension will be offering the **Strengthening Families Program: For Parents and Youth 10-14** in several locations this winter. The Jasper/Newton offices will offer the program at the Brushwood United Methodist Church located at 5474 W County Road 200 N just North of Rensselaer on Hwy 231 beginning Monday, February 4 and running through March 18 from 5:30-8:00 p.m. (CT). Warren and Benton counties will offer the same program on Wednesday evenings beginning on February 13 at the Benton County Annex, 410 South Adeway in Fowler from 6-8 (ET).

Developed for parents and youth ages 10-14, the program is led by three certified facilitators. Parents and youth meet separately for one hour, then together as a family. The program consists of 7, 2-hour sessions for a one-time fee of \$20. A light meal will be provided each week (Newton/Jasper).

The program builds communication, provides a “toolbox” of ideas for parents and allows parents and youth to practice skills with learning games and family projects while having fun! One family activity features a “Listening Game.” The parent/child reads a statement and the other has to truly listen to what the other says. So many times we are listening to respond, or already formulating our answer instead of listening for each other’s feelings.

In sessions 5-7, the youth learn and practice specific steps to avoid difficult situations. One of the very first steps is to ask questions. Just that simple first step could help your child avoid a difficult situation.

The SFP evidence-based curriculum is proven to delay the onset of adolescent substance use, lower levels of aggression in youth, increase the resistance to peer pressure in youth, improve parent skills including building a positive relationship with their youth, setting appropriate limits and following through on consequences while showing love and support for their children.

For more information or to register, contact Deb Arseneau at the Newton County Extension Office at 219.285.8620 x 2800 or email arseneau@purdue.edu.



PURDUE EXTENSION



When: Mondays, February 4 to
March 18, 2019
Dinner at 5:30 pm;
Class from 6 to 8 pm

Where: Brushwood United Methodist Church
5474 W County Road 200 N
Rensselaer, IN 47978
Located on Hwy 231 11 miles north of Rensselaer

Who:
All families with youth between the
ages of 10-14.

What:
Strengthening Families focuses on
family skills taught in group sessions
to increase family strengths. The
program builds on improving family
relationships, parenting skills and
improving youth's social and life
skills.

Cost: \$ 20 per family

Week 1
Love & Limits
Dreams & Goals

Week 2
House Rules
Appreciating Parents

Week 3
Encouraging Positive Behavior
Dealing with Stress

Week 4
Using Consequence
Following Rules

Week 5
Building Bridges
Peer Pressure

Week 6
Protecting Youth
Peer Pressure

Week 7
Putting It All Together
Celebrate!

Registration Required
Deadline: February 1, 2019

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Jasper & Newton Counties

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