



SEPTEMBER 26 - NOVEMBER 14

STRENGTHENING FAMILIES

A FREE program for parents and caregivers and their 6th grade children.

Parents and Children can strengthen their relationship and make the teen years smoother by

- Learning effective communication
- Protecting children from substance abuse
- Learning to handle stress and peer pressure

Attend this fun program to strengthen your family and help your children succeed!

7-weekly sessions will be held on Mondays starting Sept. 26th from 5:30-8pm

Youth experience more pressures now than ever before. This program helps families prepare for the expected and unexpected challenges your child will face!

Program includes free dinner and childcare for younger family members

FOR MORE INFORMATION CONTACT:

Cara Dougherty

570-226-4557 ext: 3055

dougheca@wallenpaupack.org



**Penn State Extension
Wallenpaupack Area School
District**

Space is limited so register early! Don't miss this exciting opportunity to strengthen your family and help your child transition into their teen years!

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To register or for more information:

Call Cara Dougherty, 6th Grade Counselor at 570-226-4557 ext 3055 or email at dougheca@wallenpaupack.org

Our family would like to register for the FALL 2016 Strengthening Families Program.

Child's Name: _____

Adult's Name(s): _____

Email _____ Phone _____

Number of family members eating dinner _____

Number of children needing care _____ Ages of children _____

Please return to the Wallenpaupack Middle School Office

Positive outcomes for youth, families, and communities from the Evidence-based Programs on the PROSPER Menu

Youth and Families

- Improved youth life skills, including positive youth protective factor and skill-building outcomes (e.g., significant improvements in relationships with parents and peer resistance skills)¹⁸⁻²⁰
- Enhanced parenting skills^{18,20}
- Increased family cohesion and well-being¹⁸
- Reduced exposures to substance use (protective shield effect); reduced gateway and illicit substance initiation^{19,21-22}
- Long-term reductions in substance use— e.g., 40% reduced likelihood of having been drunk by 10th grade²¹
- Reduced youth behavior problems— e.g., 40% fewer aggressive and destructive behaviors by 10th grade²³
- Long-term effects on school engagement and academic success (e.g., higher GPA)²⁴
- Reduced Lifetime STD rates and substance use in young adults²⁵⁻²⁶

