

STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

Attention ALL 5th & 6th grade students at FDCSD, St. Edmonds, CCS, St. Paul Lutheran School & Harvest Baptist School

You and your parents are invited to the Strengthening Families Program, to strengthen skills and bonds that help youth and families thrive!

Why Should I Attend?

- It's fun & **FREE!!!**
- Evening meals are provided on Monday nights (5:30-6)!
- **FREE** Child Care for younger children.
- Students receive **\$5 CASH** each week they attend
- Students receive a \$40 gift certificate when they graduate from the program (Graduation is based on attendance)



How long is the program?

- 6-week program (meets once a week) includes a graduation event
- Each workshop is 2 hrs (Mondays a meal will be provided from 5:30-6, prior to session from 6-8)
- 1st hour: Parents & Students participate in separate activities
- 2nd hour: Families work together with facilitators

Sessions begin on **Sunday, March 3 or Monday, March 4** and ends on Sunday, April 14 or Monday, April 8.

Sunday afternoons (2 – 4:15 p.m.) will be held at Trinity United Methodist Church (838 N 25th St)
Monday nights (5:30 – 8 p.m.) will be held at First Presbyterian Church (1111 5th Ave. N.)

****Return form to your student's home base teacher by: Monday, February 26, 2024 or register on line at: <https://go.iastate.edu/PCL33G>**



Yes! I want to attend the Strengthening Families Program 10-14 with my student.

No. I do not plan on attending the program. (Please sign and return form)

Student Name: _____ Parent Signature: _____

Student First Name: _____ Last Name: _____

School Name: _____ Grade: _____ Male: _____ Female: _____

Parent(s)/Guardian(s): First Name(s): _____ Last Name: _____

Address: _____

Home Phone: _____ Cell Phone: _____

E-mail: _____

Please Check All Days that Work for You*

Sundays 2 – 4:15 pm **Mondays 5:30 - 8 pm**
 @ Trinity United Methodist Church, 838 N 25th St. @ 1st Presbyterian Church, 1111 5th Ave N.

**You will be contacted by our staff to confirm your registration prior to start date.*

Childcare: Number of children that need childcare during the SFP session Ages _____

Referred by: _____ Any special accommodations needed? _____ If yes, needs? _____

Questions? Contact the Webster County Extension Office: 515-576-2119



“The Strengthening Families Program (10-14) provided help for solving potential problems, tools for handling situations calmly and fairly, and ways to keep children active in the family throughout their teen years!”

“This program gave me the tools to know how to be the parent I have always wanted to be.”
--Quotes from parents that attended prior years’ SFP.

Strengthening Families Program helps families work together to:

- Resist peer pressure
- Respect each other
- Deal with stress
- Appreciate each others’ points of view
- Solve disagreements
- Improve attitude and behavior
- Make good choices

Over the past 18 years SFP 10-14 has helped over 900 families build and maintain strong communication skills and relationships between parents and youth!

Schedule Flex option:

If you are part of the Sunday group, but are unable to attend one week, your family is welcome to participate in the session you missed by joining the Monday group that same week. Likewise, Monday attendees can attend Sunday if they know they need to miss one week. *Advance notice for meals and child care is appreciated.*

Questions?

Webster County Extension 515-576-2119

For more details about the effectiveness of the Strengthening Families Program, visit the PROSPER website at <http://helpingkidsprosper.org>



Like us at Strengthening Families – Fort Dodge

This form can be found on line at www.extension.iastate.edu/webster

SFP 10-14 is part of the PROSPER Partnership in Fort Dodge. All PROSPER efforts are funded through donations from community partners in the Fort Dodge Area.



The Fort Dodge PROSPER Team is made up of partners including parents, Fort Dodge Public Schools, Saint Edmond Catholic Schools, Community & Family Resources, Juvenile Court System, Webster County Public Health, Community Health Center and ISU Extension and Outreach.

The Fort Dodge PROSPER Partnership brings together school, university & community resources to build youth and family resilience and positive youth outcomes.

IOWA STATE UNIVERSITY
Extension and Outreach

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