

Strong, loving families working and having fun together!

Family Night Out!

For parents and youth ages 10-14

Learn skills to help your child succeed during the teen years.

Strengthening Families Program (SFP) 10-14 is a proven effective, family inclusive program that promotes positive communication, family bonding and joint problem solving skills.

FREE Program, Dinner, Childcare, Raffles and Prizes!

Parents will gain strategies for...

- ◆ Setting appropriate limits
- ◆ Encouraging good behavior
- ◆ Using effective consequences
- ◆ Protecting against risk
- ◆ Sharing expectations

Youth will develop skills for...

- ◆ Setting and reaching goals
- ◆ Managing stress
- ◆ Resisting peer pressure
- ◆ Following rules
- ◆ Appreciating parents

Mondays evenings for seven weeks

**Bethel Deliverance International Church
2901 W. Cheltenham Ave., Wyncote, PA**

**October 2, 9, 16, 23, 30, November 6 & 13
6:00-8:30 p.m.**

Sponsored by



Cheltenham

Communities That Care



For more information, contact America Lara-Romero at alararomero@fsmontco.org or 610-630-2111 ext. 244.

Yes, sign me up for Strengthening Families Program (SFP) 10-14.

Your Name

Street Address

Child(ren) Name(s) and Age(s)

Phone Number

E-mail Address

Please return completed form to Stephanie DaCosta, Community Outreach Director, or mail to Family Services, Attn: America Lara-Romero, 3125 Ridge Pike, Eagleville, PA 19403.