



## STRENGTHENING Families PROGRAM for parents and youth 10-14

An evidence-based parent, youth, and family skills-building curriculum that:

- Prevents teen substance abuse and other behavior problems
- Strengthens parent/youth communication skills
- Increases academic success in youth
- Prevents violence and aggressive behavior at home and at school

The World Health Organization named Strengthening Families Program: For Parents and Youth 10-14 the #1 prevention program out of 6,000 programs analyzed for long-term effects on substance use and misuse.

### What to expect:

- \* Rules and rule-breaking: how to set limits while supporting growth
- \* What kids and parents need from one another
- \* What to do about bullying
- \* The challenges of friends, curfews, dating, and more
- \* Keep family love alive



This **FREE 7-week program** is offered at The Guidance Center

**Who:** Parents/Caregivers AND their youth, ages 10-14

*Free childcare for younger kids*

### Designed to:

- \* Help parents build on their strengths in showing love and limits
- \* Help youth develop skills in handling peer pressure and building a positive future
- \* Help families grow together

**Where:** The Guidance Center, 2695 E. Industrial Dr. Flagstaff

**When:** Tuesdays, March 24—May 5, 5:30 p.m.

**FREE** family dinner, 6:00—8:00 p.m. program

### To Register Contact:

Katie Mommaerts  
(928) 714-5288  
kmommaerts@tgcaz.org

**PLEASE REGISTER BY  
FRIDAY, March 13**

**LIMITED TO THE FIRST  
14 FAMILIES**

The Guidance Center is contracted through NARBHA, the Regional Behavioral Health Authority for Coconino, Navajo, Yavapai, Apache and Mohave counties. Funds for services are provided through a contract with the Arizona Department of Health Services/Division of Behavioral Health Services and AHCCCS.