



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, & more
- *Keep family love alive

Designed to:

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



This FREE 7 week program is offered at The Guidance Center

Who: Parents and/or caregivers AND their youth, ages ten to fourteen
FREE childcare for younger kids

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

When: Tuesdays, March 22nd - May 3rd
5:00-5:30 p.m. *FREE family dinner*
6:00-8:00 p.m. *Program*

To register or learn more contact:

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Space is limited - RSVP by March 11th to reserve your space.

THE
Guidance
CENTER

