

## Who is the Strengthening Families Program for?

Parents and youth (12 to 16 years) concerned about:

- Conflict in the home
- Social isolation and lack of community connection
- Disrupted home relationships
- Sibling aggression
- Stressful communication challenges at home & in school
- Bullying at school
- Negative peer influence
- Developing healthy youth relationships

## Interested in the Strengthening Families Program?

Four Programs will be delivered per year.

Want to learn more about what SFP can do for you and your family?

Want to register for the program?

### Contact:

**Uncles & Aunts at Large**

11031-124 Street  
Edmonton, Alberta  
T5M 0J5

780-452-5791  
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# Strengthening Families Program

## for Youth & Parents



## Program Background

First developed in 1984, SFP has been successfully delivered around the world. Its positive results have been thoroughly evaluated. Researchers describe SFP as an “exemplary, evidence-based program”.

*Learn more at:*

[www.strengtheningfamiliesprogram.org](http://www.strengtheningfamiliesprogram.org)



Proud Partnership with Canadian Progress  
Clubs of Edmonton & Area



Partially funded by Public Safety Canada, Crime Prevention



Serving Edmonton families for  
over 45 years

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## PROGRAM RESULTS

Through a series of interactive two-hour workshops, SFP teaches youth and their parents' skills to help with some of today's challenges.

### Parents Gain Skills in:

- Using love and limits
- Encouraging good behavior
- Setting and reinforcing respectful home and school rules
- Reducing youth risk of substance abuse and other negative behaviors

### Youth Gain Skills in:

- Appreciating parents
- Honoring home and school rules
- Handling peer pressure
- Developing and maintaining supportive relationships

### Families Benefit from:

- Positive communication skills
- Learning to support each other's goals and dreams
- Helping members make healthy life choices
- Sharing enjoyable learning, play, and planning time

## PROGRAM OVERVIEW

Youth and parents take part in 14 weekly sessions at a time most convenient to the group. Two hour interactive sessions typically include:

- Family meal (30 minutes)
- Separate groups for parents and youth (one hour sessions)
- Family group session (30-45 minutes)

**Total Commitment -  
2 hours/week for 14 weeks**

## SESSION ACTIVITIES

- Two trained SFP facilitators first lead the parent and youth groups.
- Then the four facilitators work with the families to help parents and youth practice skills together.
- Discussions, role plays, and games, make learning interesting and engaging.
- Exercises and videos add color and variety to the learning.
- Parent and youth participants will have time to share important personal experiences and work through some challenges together.
- Handouts and notes help families practice and apply learning at home.

## EASY ACCESS & GREAT SUPPORT FOR FAMILIES

- ✓ The Strengthening Families Program is **available at no cost** to qualified families.
- ✓ Each session starts with a nourishing, healthy family meal.
- ✓ During the meal, youth and parents enjoy a relaxing chance to catch up with other participants and the SFP team.
- ✓ SFP facilitators follow up with families between sessions to answer questions and help apply workshop skills.
- ✓ Opportunity to celebrate success through a program graduation.
- ✓ Booster sessions to review skills and connect with the SFP team and other families.

### To make participating in the program even more convenient:

- ✓ *Child care may be provided for 3-11 year old children.*
- ✓ *Some transportation support may be available.*