

CHiLD *and* FAMiLY



Strengthening Families Program



“ Parents want to raise happy, successful, well-adjusted children; but it’s challenging. Youth need skills to help them resist peer pressure that leads to harmful behaviors. Research shows there are key parenting skills that improves family relationships and decreases the level of family conflict, which protects kids from substance abuse. ”

Who needs Strengthening Family Program (SFP)?

Like a car, all families can use a tune-up at times, and SFP provides the perfect blend of parent and youth skills training to create happy family relationships and emotionally resilient, well-behaved children. SFP emphasizes the nurturing parenting skills of bonding, setting boundaries, and monitoring to keep their kids safe from alcohol and drug abuse; and trains kids to say "no" to harmful things and still keep their friends.

Families learn skills to:

- Make their brains powerful and effective
- Notice and compliment the good daily
- Communicate respectfully
- Make family rules & positive routines
- Use Positive Discipline that really works
- Solve problems, negotiate differences, and help kids "pre-problem-solve" to stay safe
- Reduce stress & apply good anger-management skills
- Set goals to develop talents, enjoy school success
- Help kids avoid alcohol and drug use that can damage the teen developing brain
- Choose good friends, and monitor kids' social activities
- Make fun family traditions, share values, give service

CLASS SESSIONS ARE FUN & EASY:

- > Held virtually Online.
- > Scheduled at your family's convenience.
- > Free & Open to Eaton and Ingham County families.

"Gift Cards will be awarded to families who complete the entire course"

REGISTER TODAY!

Contact Sidney Bishop
Juvenile Justice Division Director
517.371.2823

Child and Family Charities • 4287 Five Oaks Drive • Lansing, MI 48911

Supported by





FREE OF CHARGE

Sessions held virtually!

The Strengthening Families Program Referral Form

Enhance Parenting Skills!

Strengthen Family Bonds!

SOLVE PROBLEMS TOGETHER!

Build Life Skills In Youth!

Protect Against Risks!

Learn Effective Communication!

The Child and Family Charities' Strengthening Families Program is for parents and youth ages 7-17 (SFP 7-17) and is a proven effective family program aimed at promoting positive communication, bonding, and joint problem solving. SFP 7-17 is offered as a free course scheduled at your family's convenience. All meetings are virtual and are free to families residing in Eaton and Ingham Counties.

TO REFER A FAMILY, PLEASE COMPLETE AND RETURN THIS FORM.

The Family Will Be Contacted With More Information and To Complete Registration.

Agency Completing Form: _____

Agency Contact: _____

Preferred Phone Number: _____

E-Mail: _____

Parent's/Caregiver's Name(s): _____

Student's Name: _____

School Student Attends: _____ Student Grade Level: _____

Student School District: _____

Mailing Address: _____

Street City St Zip Parent/Guardian Information: _____

Name & Relationship to Student: _____

Preferred Phone Number: _____

Additional Comments: _____

Mail, e-mail or, fax completed form to:

Sidney Bishop
4293 Five Oaks Dr., Suite A
Lansing, MI 48911

sidney@childandfamily.org
Fax Number: 517.816.9143

For more information,

Please call or e-mail Sidney Bishop at
Sidney@childandfamily.org
517.371.2823