

Is parenting more difficult than it used to be with homework, friends, activities and sports?

Do your kids sometimes drive you **CRAZY**?

YOU ARE NOT ALONE!

Join other concerned parents like you in a wonderful, family-oriented program called **Strengthening Families. Program For Parents & Youth 10-14**

This FUN, FREE 7-week program will start Wednesday, February 21, 2018 at 5:30 pm at the Tuscarora Junior High School. The program helps families:

- Share dreams, wishes and goals for the future.
- Learn the most effective ways to communicate with each other.
- Develop great problem-solving skills to handle problems as they arise.
- Increase and enhance family bonding.
- Decrease participation in risky behaviors like teen drug and alcohol abuse.

Many families across Pennsylvania who have already participated in Strengthening Families report that their families are closer, work better together to prevent and resolve everyday issues, and have reduced tension and frustration in their households. Kids, especially, report using and remembering some of the key lessons they've learned in this program to deal with difficult peer issues and to communicate better with their parents.

There is **NO COST** for this program, and it is open to **ALL FAMILIES** of 5th and 6th graders!

- Family supper each Wednesday night!
- Child care for younger children!
- Great information and resources!
- Opportunities to meet and interact with other families in your community!

7 Week Session
Every Wednesday - 5:30-8:00 PM
February 21st thru April 4th



Penn State Extension 717-248-9618
www.prosper.ppsi.lastate.edu

PROSPER is a partnership among Penn State Extension, Mifflin County School District, Mifflin County Communities that Care, local volunteers, and scientists and experts from the Penn State Prevention Research Center included in the PROSPER State-Level Extension Team. To learn more about PROSPER, contact Kirk Gilbert 717-248-9618 E-mail: kag10@psu.edu

An **OUTREACH** program of the College of Agricultural Sciences

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Visit Penn State Extension on the web: extension.psu.edu

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Juniata Co. PROSPER Community works with:



PennState Extension

JUNIATA COUNTY



STRENGTHENING Families PROGRAM

Every Wednesday
Feb 21st to April 4th, 2018
Family Meal @ 5:30 PM
Program 6:00 - 8:00 PM
Tuscarora Junior High School
Parents and Youth
5th and 6th Grade



Please fill out the enclosed registration form for the Spring 2018 session indicating whether or not you will be participating, and return to your teacher.

STRENGTHENING

Wednesdays, February
21 to April 4, 2018
5:30 - 8:00 PM
Tuscarora Junior
High School

families
PROGRAM



For more information about PROSPER,
please contact Penn State Extension at
717-248-9618

PROSPER

Strengthening Families
is a FREE program that meets
once a week for 7 weeks to
strengthen family
communication and prepare
for the teenage years.

Improve Parentings Skills:

- Using Love, Limits & Consequences
- Making House Rules
- Encouraging Good Behavior
- Protecting against Substance Abuse
- Decision making and life skills, including stress management, peer relationships and goal setting

Build Life Skills in Youth:

- Reaching goals and dreams
- Reaching Out to Others
- Appreciating Parents
- Dealing with Stress & following rules
- Communication Skills

Strengthen Family Bonds:

- Appreciating Families
- Supporting Goals and Dreams
- Family Communication and Values



What Parents Learn at PROSPER?

- “It’s a great program! It will help you and your child understand each other more!”
- “How my sons will be exposed to peer pressure and group exposure and how to discuss the issue ahead of time.”
- “Set limits, show how you love your kids, then follow with the consequences and rewards, listen to your child and see things from their point of view. Talk with kids, get to know their friends.”

What Kids Learn at PROSPER?

- “To respect your parents!”
- “How to handle peer pressure”
- “How to talk through issues rather than fight”
- “Walk away from drugs”
- “How to have a good family meeting”
- “You get to spend FUN time with your parents”

All seven sessions begin with a family meal.
Childcare is provided for younger children.
Sessions include games, activities and discussion.

STRENGTHENING Families PROGRAM

Registration Form

7 week Strengthening Families Program

Wednesdays, February 21 to April 4, 2018

Juniata County School District

For more information—call 248-9618

Return form to your teacher by Friday February 9th 2018

Teacher: _____ School: _____

This Form Came Home: _____
Parent/Guardian Signature

Spring Session, Wednesdays, February 21 to April 4, 2018, 5:30-8:00 PM, Tuscarora Junior High School

Please Check One and return form:

- Yes, Register our family
- No, we are not able to attend
- We need more information; please call us

Homeroom/Classroom with the most forms returned is eligible for a free breakfast delivered to your classroom!

Name of Adult(s): _____

Name of Student: _____

Home Address: _____

Contact Phone Number: _____

Email: _____

Please Check All that Apply:

- Transportation to Program Needed
- Childcare Needed
- Food Allergies
- Preferred Language _____

A family meal will be provided for all evening sessions. Please indicate:

1. The number of people attending the family meal _____
2. Dietary needs or food allergies _____

FREE Childcare will be provided for younger children in the family. Please provide the names of all children attending child care and their age.

_____ age _____
_____ age _____
_____ age _____
_____ age _____

Programa Para Fortalecer a la Familia

Forma de registraci3n

7 Semanas: Un programa para Hacer la Familia M1s Fuertes

Para m1s informaci3n- llama a 717-248-9618

Regrese este forma a su maestro/a antes del viernes, el 9 de Febrero 2018

Maestro/a: _____ Escuela: _____

Esta forma lleg3 a la casa: _____
Firma de padre/madre

Por favor, Marque Uno:

- S3, mi familia puede venir en Tuscarora Junior High School
 No, no podemos asistir Sesi3n de la Primavera, 2/21/18-4/4/18
 Necesitamos m1s informaci3n; por favor ll1menos

Nombre del adulto(s): _____

Nombre de estudiante: _____

Direcci3n de hogar: _____

N1mero de tel3fono: _____

Por favor marque todos los que aplican:

- Necesitamos transporte al programa Alergias de comida
 Necesitamos alguien para cuidar a los ni1os Idioma que prefiere usar

Vamos a tener comida para la familia para todas las sesiones de la tarde/noche: por favor, marque:

1. El n1mero de personas que van a asistir para la cena para la familia _____
2. Alergias de comida _____

Vamos a cuidar a los ni1os peque1os GRATIS. Por favor denos los nombres y edades de los ni1os que van a asistir:

Nombre: _____ edad _____

Nombre: _____ edad _____

Nombre: _____ edad _____

Nombre: _____ edad _____