



Strengthening Families Program by Dr. Karol Kumpfer



switchpoint™
Community Resource Center

12-week STRENGTHENING FAMILIES COURSE with

Children ages 7-17 (*Arrangements can be made for childcare if needed)

The **Strengthening Families Program** is an evidence-based parenting and youth **life-skills** program with **proven results**.

Families Reported:

- ❖ An increase in Family Unity
- ❖ Improved family management and organization
- ❖ Decreased family conflict

Children Experienced:

- ❖ An increase in social skills, cooperation, and pro-social friends
- ❖ An improvement in school performance
- ❖ A reduction in misconduct and aggression
- ❖ A reduction in depression and anxiety
- ❖ A dramatic reduction in tobacco, alcohol and drug abuse

Parents Reported:

- ❖ An increase in parenting skills
- ❖ An increase in marital satisfaction
- ❖ A decrease in stress, depression and substance abuse

THURSDAY NIGHTS

FEBRUARY 7 – MAY 2, 2019 6:00PM - 8:00PM

February 7th - KICK OFF!

February 14th- Introduction

February 21st - Lesson 1: Compliments

February 28th- Lesson 2: LUV Listening

March 7th- Lesson 3: Rules/Rewards

March 21st - Lesson 4: Positive Discipline

March 28th- Lesson 5: Problem Solving

April 4th -Lesson 6: Anger Management

April 25th -Lesson 8: Drugs/Alcohol &

-Lesson 9: Monitoring Activities

May 2nd -Lesson 10: Family

Families must be committed to Program, Attend weekly, AND practice the skills taught in class to redeem PRIZES!

***This Is A FREE 12-Week Class w/Dinner!**

TO REGISTER CALL: 435-628-9310 EXT: 113

SWITCHPOINT 948 N 1300 W (Lower Level)