



**Strengthening Families Program** by Dr. Karol Kumpfer



**switchpoint™**  
Community Resource Center

## 10 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

**September 9<sup>th</sup> – November 21<sup>st</sup>, 2019 6:00PM - 8:00PM**

September 5<sup>th</sup> KICK OFF!

September 12<sup>th</sup> Introduction &

Lesson 1: Compliments

September 19<sup>th</sup> Lesson 2: LUV Listening

September 26<sup>th</sup> Lesson 3: Rules/Rewards

October 3<sup>rd</sup> Lesson 4: Positive Discipline

October 10<sup>th</sup> Lesson 5: Problem Solving

October 24<sup>th</sup> Lesson 6: Anger Management

November 7<sup>th</sup> Lesson 7: Goals

November 14<sup>th</sup> Lesson 8: Drugs/Alcohol &

Lesson 9: Monitoring Activities

November 21<sup>st</sup> Lesson 10: Family & Values/

Graduation

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

**\*This Is A FREE 10-Week Class w/Dinner!**

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

**SWITCHPOINT 948 N 1300 W in the MULTIPURPOSE ROOM (Lower Level)**