



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

JANUARY 23rd – APRIL 2nd, 2020 6:00PM - 8:00PM

January 23rd KICK OFF!

February 27th Lesson 5: Problem Solving

January 30th Introduction &

March 5th Lesson 6: Anger Management

Lesson 1: Compliments

March 12th Lesson 7: Goals

February 6th Lesson 2: LUV Listening

March 26th Lesson 8: Drugs/Alcohol &

February 13th Lesson 3: Rules/Rewards

Lesson 9: Monitoring Activities

February 20th Lesson 4: Positive Discipline

April 2nd Lesson 10: Family & Values/

Graduation

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

***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)