

# **2025**

## ***STRENGTHENING FAMILIES PROGRAM***

**For Parents and Youth Ages 10-14**  
**Tools, Skills, and Strategies to Build Stronger Families in Seven Weeks**

### **PROVEN TO:**

- **DELAY** the onset of adolescent substance use
- **LOWER** levels of aggression in youth
- **INCREASE** the resistance to peer pressure in youth
- **REDUCE** youth conduct problems in school
- **IMPROVE** parent skills, including building a positive relationship with their youth, setting appropriate limits, following through on consequences

**SESSIONS:** Dinner will be served the first hour. Parents and youth meet in separate groups for the second hour. Families come together the last hour to improve communication and problem-solving skills, play games, and do family projects.

**LOCATION:** Dutchess County Department of Community and Family Services  
4<sup>th</sup> Floor Main Conference Room  
60 Market Street  
Poughkeepsie, NY 12601

**TIME:** Wednesday evenings from 5:00 - 8:00 pm

**2025 DATES:** Starting the week of April 9<sup>th</sup> for 7 weeks.  
4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21

If interested, call: Juliana Corbett, (845) 486-3354

