

2024

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
4th Floor Main Conference Room
60 Market Street
Poughkeepsie, NY 12601

TIME: Thursday evenings from 5:00 - 8:00 pm

2024 DATES: Starting the week of October 3rd for 7 weeks.
10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21

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

