



STRENGTHENING Families PROGRAM

11 Lesson Research Based Family Skills Program

FOR CFAUSD FAMILIES WITH CHILDREN AGES 7-17

Mondays or Tuesdays Sept. 23 - Dec. 5

Adults will learn:

- Effective parenting skills
- Healthy communication
- Resolving conflicts
- Handling stress
- Setting limits

Kids will learn:

- Healthy communication
- Anger management
- Resiliency and protective factors
- Social and life skills
- Problem solving

The whole family will:

- Practice skills together
- Prepare and share a weekly meal
- Receive support from local, trained coaches
- Improve time together
- Reduce conflict



This FREE program includes:

- Eleven lessons of SFP led by local coaches
- Supplies and materials related to the lessons
- Fresh groceries to make a weekly meal (9 total)
- Incentives for participation

Registration opens
August 28

**Space is limited,
so register early at:**

<https://chipfalls.revtrak.net>

For questions call Ann Zenner at 715-726-2588

Sponsored by:



Chippewa County
Milk Promotion