



# STRENGTHENING Families PROGRAM

11 Lesson Research Based Family Skills Program

FOR CFAUSD FAMILIES WITH CHILDREN AGES 7-17

**Mondays or Tuesdays Jan. 22 - Apr. 4**

## 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**  
**January 3rd**

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

**For questions call Ann Zenner at 715-726-2588**

**<https://chipfalls.revtrak.net>**

**Sponsored by:**

