

Is parenting more difficult than it used to be with homework, friends, activities and sports?

Do your kids sometimes drive you **CRAZY?**

YOU ARE NOT ALONE!

Join other concerned parents like you in a wonderful, family-oriented program called **Strengthening Families.**

This **FUN, FREE** 7-week program will start Tuesday, September 12th at 5:45 pm at the West Perry Middle School. The program helps families:

- Share their dreams, wishes and goals for the future.
- Learn the most effective ways to communicate with each other.
- Develop great problem-solving skills to handle problems as they arise.
- Increase and enhance family bonding.
- Decrease participation in risky behaviors like teen drug and alcohol abuse.

Many families across Pennsylvania who have already participated in Strengthening Families report that their families are closer, work better together to prevent and resolve everyday issues, and have reduced tension and frustration in their households. Kids, especially, report using and remembering some of the key lessons they've learned in this program to deal with difficult peer issues and to communicate better with their parents.

There is **NO COST** for this program, and it is open to **ALL FAMILIES** of 6th graders!

- Family supper each Tuesday night!
- Child care for children 5th grade and younger!
- Great information and resources!
- Opportunities to meet and interact with other families in your community!

Call Penn State Extension at 717-582-5150 or email rlk3@psu.edu to register. Space is limited, so call or email us as soon as possible!



Penn State Extension 717-582-5150
www.prosper.ppsi.lstate.edu

PROSPER is a partnership among Penn State Extension, West Perry School District, local volunteers, and scientists and experts from the Penn State Prevention Research Center included in the PROSPER State-Level Extension Team.

To learn more about PROSPER, contact

Becky Kaucher
717-582-5150
E-mail: rlk3@psu.edu

An **OUTREACH** program of the College of Agricultural Sciences

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Visit Penn State Extension on the web: extension.psu.edu

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PennState Extension



STRENGTHENING
families
PROGRAM



PROSPER

September 12 to October 24
Every Tuesday
Family Meal @ 5:45 PM
Program @ 6:15 PM
West Perry Middle School
Parents and Youth
Sixth Grade

Registration Starts Today!
7 week program
September 12 to October 24
For more information— call 582-5150

Homeroom Entry: This Form Came Home

Parent/Guardian Signature

Check One:

- Yes, Register our family
 No, we are not able to attend
 We need more information, call us

Name of Adult(s):

Name of Student:

Home Address:

Contact Number:

Email:

A family meal will be provided for all regular sessions. Please indicate:

1. Number of people attending the family meal _____

Dietary needs or food allergies

Free Childcare will be provided for younger children in the family. Please provide the names of all children attending child care and their age

_____ age _____
_____ age _____
_____ age _____
_____ age _____

PROSPER
Strengthening Families
is a **FREE** program that meets
once a week for 7 weeks to
strengthen family
communication and prepare
for the teenage years.

Improve Parentings Skills:

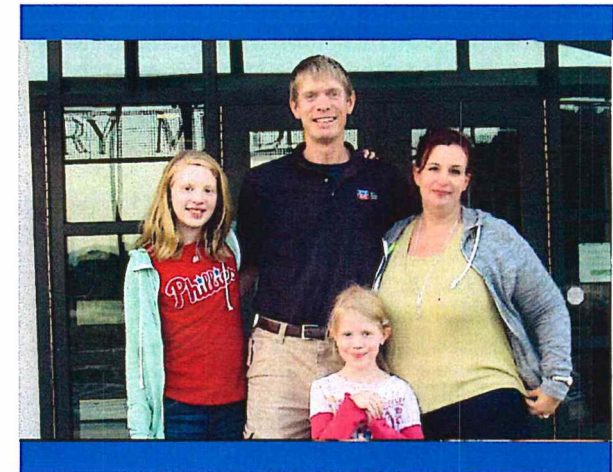
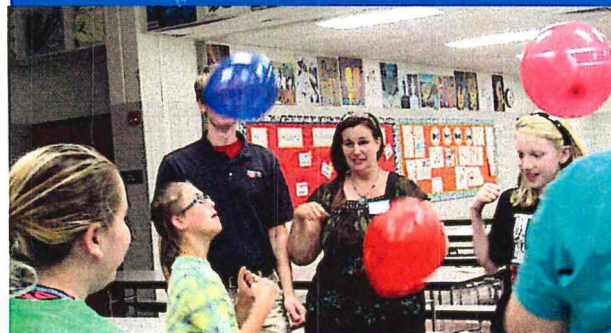
- Using Love, Limits & Consequences
- Making House Rules
- Encouraging Good Behavior
- Protecting against Substance Abuse
- Decision making and life skills, including stress management, peer relationships and goal setting

Build Life Skills in Youth:

- Reaching goals and dreams
- Reaching Out to Others
- Appreciating Parents
- Dealing with Stress & following rules
- Communication Skills

Strengthen Family Bonds:

- Appreciating Families
- Supporting Goals and Dreams



What Parents Learn at PROSPER?

“It’s a great program! It will help you and your child understand each other more!”

“How my sons will be exposed to peer pressure and group exposure and how to discuss the issue ahead of time.”

“Set limits, show how you love your kids, then follow with the consequences and rewards, listen to your child and see things from their point of view. Talk with kids, get to know their friends.”

What Kids Learn at PROSPER?

“To respect your parents!”

“How to handle peer pressure”

“How to talk through issues rather than fight”

“Walk away from drugs”

“How to have a good family meeting”

“You get to spend FUN time with your parents”

All seven sessions begin with a family meal. Childcare is provided for younger children. Sessions include games, activities and discussion.