



Free! Strengthening Families Program

Strengthening Families Program (SFP) is an evidence-based program that focuses on caretakers with children ages 6 to 11, and over the course of **14 weeks, 1 day a week**, families learn how to develop positive discipline practices, stay resilient in tough times, improve communications skills, and assist children with social skills, relationships, and school performance. These factors play an important role in keeping families strong while protecting against potential abuse or neglect.

Program Details: (Implemented in 14 weeks)

- 6:00 pm – 8:00 pm
- Each night will begin with a family dinner; followed by 1-hour separate sessions for parents and children; then a final 30-45 minutes family session
- Trained facilitators conduct lessons with assistants (*childcare is be provided onsite*)
- ***Incentives for parent, child and family will be provided as well as a special graduation ceremony***

Families Learn How To: Listen more and yell less • Prevent behavior problems • Improve your relationship with your kids
Build stronger relationships in family • Better manage stress

Program Location: Varies per cycle depending on the family sizes and availability of site.

Total Number of Families to be recruited: 12 per cycle; can start with 8 families but required to graduate 10.

Strengthening Families Graduation: Families that complete the program will participate in a graduation ceremony and receive a certificate of completion.

Other Benefits: FREE dinner at each session • FREE gifts and prize drawings • FREE child care • FREE transportation or gas vouchers may be provided • weekly incentives for attendance, arriving on time and completing home practice

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