



For Parents and Youth 10-14

## SFP 10-14 Can Help You & Your Youth Prepare for the Teen Years!

*A Free, Fun Opportunity to Strengthen Family Communication & Promote Family Bonding!*

### Join Us For Seven Weekly Sessions That Include:

- Fun Family Games and Activities
- Engaging and Interactive Youth Activities
- Weekly Prizes and a Graduation Gift
- Interaction With Other Parents



### Parents/Caregivers will discuss:

- The normal developmental changes in teenagers
- Helping youth to avoid risks and substance use
- Setting age appropriate limits - Helping youth to understand rules and consequences
- Effective joint problem solving skills
- Ways to show love and support

### Youth will learn about and practice:

- Making good decisions and setting goals
- Peer pressure resistance skills to avoid problems with drugs and alcohol
- Empathy and appreciation of parents/caregivers
- Coping with stress

**HELPING TEENS TO  
HAVE A GREAT FUTURE!**

### Build on Your Family's Strengths! Register Now For the Upcoming Program!

**Virtually on Mondays from 6 p.m.-7:30 p.m. and Wednesdays from 6 p.m. to 8:30 p.m. starting March 1, 2021**

### TO REGISTER,

**Call (717)264-2470 ext 109 or complete and mail in the registration form below by 2/24/2021.**

*Yes, my family would like to attend SFP 10-14!*

Parent/Caregiver's Name(s): \_\_\_\_\_

Student's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Please mail or email to: Michelle Jones at Healthy Communities Partnership  
232 Lincoln Way East, Suite B, Chambersburg, PA 17201  
717-264-1470, ext. 109 michellej.hcp@gmail.com

