



Strengthening Families Program

...from the comfort of your home!

Strengthening Families Program is an 8-week class for parents & their youth, ages 7-17.

Families meet with their Family Coach once per week from 6-8 PM.

Both weeknights and weekends are available.

Participants learn skill building through fun and interactive lessons designed to increase communication, decrease stress, and improve school performance and social skills.

Weekly Topics

Week 1: Compliment family members and avoid criticizing each other

Week 2: Become a better listener, being assertive vs offensive

Week 3: Family rules and incentivizing children



Week 4: Use positive discipline and fair consequences

Week 5: Family problem solving, win-win negotiation

Week 6: Stress reduction and management, track anger triggers

Week 7: Set goals, give difficult feedback kindly and respectfully

Week 8: Effects of alcohol/drugs on teen brain, parent monitoring skills



FREE for families in Forsyth County!

**Ongoing enrollment throughout the year. Virtual and in-person options available.
All family types are welcome.**

For More Information or To Enroll:

Contact Justina Vaughan

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www.familyservicesforsyth.org



**Strengthening Families
Foundation**