

# YORK COUNTY Strengthening Families

a Children's Home of York Program

A program for parents and youth 10-14

The Teen years can be challenging for all families...  
SFP 10-14\* can help parents and teens  
tackle the challenges together!



## What to Expect?

- A seven week program that meets one night each week.
- Each session begins with a **free family meal. Dinner at 5:30 pm.**
- **Free childcare** is provided for younger siblings under 9 years of age.
- Each week, during the first hour, parents and youth meet separately, but work on similar skills. During the second hour, youth and parents have fun together as they play games and do family projects.
- Youth sessions include discussions group skills practice, and games.
- Parent sessions include video presentations, group discussions, and skill building activities.
- \$25 gift card to a family restaurant when completing course.

## Learn more about...

### For Parents:

Setting appropriate limits  
Encouraging good behavior  
Using effective consequences  
Help your child do better in school  
Sharing Expectations

### For Youth:

Setting & reaching goals  
Appreciating parents  
Managing stress  
Following rules  
Resisting peer pressure

### For Families:

Supporting goals & dreams  
Solve problems together  
Sharing family values  
Building family communication

**This program is free for all families with participating children (10-14 years\*)**

**Tuesday Evenings Beginning February 19, 2019**

(February 19, 26, March 5, 12, 19, 26, and April 2, 2019)

**Free Family Dinner at 5:30 pm, Classes 6-8 pm**



**Dallastown Intermediate School  
Dallastown Red Community  
94 Beck Road, York, PA 17403**

**For More Information or to Register, Contact:  
School Counselor, Gina Dougherty, 717-244-4021 ext. 1374  
Gina.Dougherty@dallastown.net**

**Complete the course and earn a \$25 gift card to a family restaurant**

**\*Some exceptions can occur**

SFP 10-14 is funded through Children's Home of York and York County Children, Youth and Family Services.

