

Strengthening Families Program for Parents/Caregivers and Children ages 10-14



What is Strengthening Families?

The Strengthening Families Program, developed for parents/caregivers and youth 10-14 year olds, is a video-based intervention program designed to reduce adolescent substance use and other problematic behaviors in youth 10 to 14 years of age. The sessions are highly interactive and include role playing, discussions, learning games and family projects designed to: enhance parenting skills (i.e. effective discipline, improve and enhance nurturing skills that support their youth) and family togetherness.

When: Wednesday evenings: 5:30 – 8:00 P.M. The first session will begin September 16th, 2009



Where: The East Salisbury Elementary Family Center
1201 Old Ocean City Road
Salisbury, MD 21804

Cost: The Strengthening Families Program is offered **FREE** of charge. Dinner will be provided. Parents/Caregivers will be able to participate in a weekly drawing for a \$50.00 gift card. Children who complete the program will receive a \$100.00 Wal-Mart gift card. Childcare and transportation assistance is available.

Registration: Contact Tanya Selby of the Wicomico County Health Dept. (410) 742-3784 ext 250 to participate in this fun and interactive program.

