

# STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14



*"I learned what a good friend is and how to stay out of trouble."*



## Build stronger families in seven sessions!



*"We now enjoy family time together."*

Strengthening Families Program: For Parents and Youth 10-14 can help your family learn to manage emotions, set goals, avoid peer pressure, make better decisions and create better relationships.

You will learn how to show love while setting limits, how to listen to your child and how to help family members show appreciation to each other.

**All families have strengths. *This program will help your family become even stronger!***

To learn more about the Strengthening Families Program: For Parents and Youth 10-14, go to [www.extension.iastate.edu/sfp10-14/](http://www.extension.iastate.edu/sfp10-14/) or contact:

Iowa State University Extension and Outreach programs are available to all without regard to race, color, age, religion, national origin, sexual orientation, gender identity, genetic information, sex, marital status, disability, or status as a U.S. veteran. Inquiries can be directed to the Director of Equal Opportunity and Compliance, 3280 Beardshear Hall, (515) 294-7612. SF 174B June 2015

**IOWA STATE UNIVERSITY**  
Extension and Outreach

