A picture containing tableware

Description automatically generated

**Strengthening Families Program: For Parents and Youth 10-14**

This spring, Albert Gallatin Area School District and the Penn State Extension of Fayette County will once again offer the **Strengthening Families Program: For Parents and Youth 10-14**. This community program is available to assist all families with youth age 10 to 14 navigate the normal challenges of the teen years. The Strengthening Families Program is a proven effective family program, and one of the very best of its kind in the country.

The Strengthening Families Program will be offered at **Albert Gallatin Area High School on Mondays, February 24th to April 6th**.The program is for all families with youth age 10 to 14 and will be held one Monday night a week for 7 weeks. There is **NO COST** to attend. A **FAMILY MEAL** will be served at the beginning of each session and **CHILDCARE WILL BE PROVIDED** for younger siblings.

Youth transitioning to the teen years may experience new stressors, such as new friendships and peer influences. They also have a more demanding school curriculum, increased homework, added responsibilities, and increased opportunities for independent decision-making. In addition, youth are exposed to many media influences and often confusing messages from TV and the Internet. During this time of growth and transition, it is important to strengthen family bonds and to help youth learn skills to handle the new challenges and to become responsible young adults.

The Strengthening Families Program is an exciting opportunity for good families to become great! Parents and youth attend one evening per week for seven weeks and have lots of fun together while learning ways to promote family bonding, to keep the lines of family communication open, and to use family strengths to solve problems together. Youth will spend the first hour of each session learning about topics such as empathy, how to deal with stress, and peer pressure resistance. Parents will meet separately for that first hour to discuss parenting strategies and how to guide their youth in setting goals and making good decisions. The second hour of each session is spent together working on **FUN** family activities that promote strong family relationships.

Strengthening Families Program is a free community resource to help your family grow closer and help your child excel in school and life. We look forward to your participation!

**Space is limited, so register early!** For further information or to register, contact Michele George at the Penn State Extension of Fayette County at 724-438-0111 or mzg226@psu.edu