

# Strengthening Families Program

- For Middle School Students and their Parents -

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The Institute will offer the Strengthening Families Program (SFP) for families with students in grades 6, 7, or 8. SFP is a seven-week program, beginning January 12, 2006. SFP is designed for families who want to spend time learning and having fun together. Parents and caregivers will learn ways to build on their strengths and develop new parenting skills; youth will learn about self-esteem, setting goals, and alcohol/tobacco peer resistance skills.

**SFP is a FREE program.**

**Childcare for younger siblings and dinner are also provided at no cost.**

**When:** Thursdays, January 12<sup>th</sup> - February 23<sup>rd</sup>, 2006

**Where:** The Institute, 900 West Sharon Avenue, Houghton, MI 49931

**Program:** 5:30 - 6:00 p.m. -- Dinner provided

6:00 - 7:00 p.m. -- Separate sessions for parents and youth

7:00 - 8:00 p.m. -- Families session - playing games and creating projects

Enrollment in the Strengthening Families Program is limited, so families should register as soon as possible. Parents may call (482-4880) or e-mail ([Institute@theinst.org](mailto:Institute@theinst.org)) to learn more or to register for the program; a registration form is also included below.

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**Please complete and return this registration form to:**

**The Institute, 900 W. Sharon Avenue, Houghton, MI 49931 -- fax (482-7657)**

Parent / Guardian name(s) \_\_\_\_\_

Child name \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Childcare needed for other children? \_\_\_\_\_ No \_\_\_\_\_ Yes

Parent signature \_\_\_\_\_ Date \_\_\_\_\_