

## Who is the Strengthening Families Program for?

Parents and youth (12 to 16 years) concerned about:

- Conflict in the home
- Social isolation and lack of community connection
- Disrupted home relationships
- Sibling aggression
- Stressful communication challenges at home & in school
- Bullying at school
- Negative peer influence
- Developing healthy youth relationships

## Interested in the Strengthening Families Program?

Four Programs delivered per year.  
Want to learn more about what SFP can do for your family?  
Registration open NOW!



**Contact:**  
**Uncles & Aunts at Large**  
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## Strengthening Families Program for Youth & Parents



### Program Background

First developed in 1984, SFP has been successfully delivered around the world. Its positive results have been thoroughly evaluated. Researchers describe SFP as an “exemplary, evidence-based program”.

*Learn more at:*

[www.strengtheningfamiliesprogram.org](http://www.strengtheningfamiliesprogram.org)



Proud Partnership with Canadian Progress  
Clubs of Edmonton & Area

 Public Safety Canada / Sécurité publique Canada  
Partially funded by Public Safety Canada, Crime Prevention



Serving Edmonton families for  
over 45 years

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## PROGRAM RESULTS

Through a series of interactive two-hour workshops, SFP teaches youth and their parents' life skills to help with some of today's challenges.

### Parents Gain Skills in:

- Using love and limits
- Encouraging good behavior
- Setting and reinforcing respectful home and school rules
- Reducing youth risk of substance abuse and other negative behaviors

### Youth Gain Skills in:

- Appreciating parents
- Honoring home and school rules
- Handling peer pressure
- Developing and maintaining supportive relationships

### Families Benefit from:

- Positive communication skills
- Learning to support each other's goals and dreams
- Helping members make healthy life choices
- Sharing enjoyable learning, play, and planning time

## PROGRAM OVERVIEW

Youth and parents take part in 14 weekly sessions at a time most convenient to the group. Two hour interactive sessions and meal typically include:

- Family meal (30 minutes)
- Separate groups for parents and youth (one hour sessions)
- Family group session (one hour session)
- Program is offered in English

**Total Commitment -  
2 ½ hours/week for 14 weeks**

## SESSION ACTIVITIES

- Two trained SFP facilitators first lead the parent and youth groups.
- Then the four facilitators work with the families to help parents and youth practice skills together.
- Discussions, role plays, and games, make learning interesting and engaging.
- Exercises and videos add color and variety to the learning.
- Parent and youth participants will have time to share important personal experiences and work through some challenges together.
- Handouts and notes help families practice and apply learning at home.

## EASY ACCESS & GREAT SUPPORT FOR FAMILIES

- ✓ The Strengthening Families Program is **available at no cost** to interested families.
- ✓ Each session starts with a nourishing, healthy family meal.
- ✓ During the meal, youth and parents enjoy a relaxing chance to catch up with other participants and the SFP team.
- ✓ SFP facilitators follow up with families between sessions to answer questions and help apply workshop skills.
- ✓ Opportunity to celebrate success through a program graduation.
- ✓ Booster sessions to review skills and connect with the SFP team and other families.

### To make participating in the program even more convenient:

- ✓ *Child care is provided for 3-11 year old children.*
- ✓ *Limited transportation support may be available.*