

STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

A FREE 7 WEEK

Family Experience

FOR FAMILIES WITH
CHILDREN AGES 10-14!

#1 PREVENTION PROGRAM
OUT OF 6,000 ANALYZED
PROGRAMS

OVER 350 MERCER
COUNTY FAMILIES HAVE
PARTICIPATED!



PROGRAM
DEVELOPER IOWA
STATE UNIVERSITY



CONTACT US FOR MORE INFORMATION!

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Laura Leskovac
SFP Project Supervisor
724-456-7785
mercercountyctc@gmail.com

PLEASE REGISTER BY PHONE OR EMAIL



Free Dinner

Join us before each session for a
free meal



Free Childcare for Children Under 10

Any children under the age of
10 years old will be taken care of
during each session



Prizes and Gifts Given Weekly

Join us at each session for a chance
to win gift cards, board games,
and more!

TO ENROLL, PLEASE COMPLETE AND RETURN THIS PORTION:

Student's Name(s): _____ Grade Level(s) _____ Age(s) _____

School District the Student(s) Attend(s): _____ Family Mailing Address: _____

Parent's/Caregiver's Name(s): _____

What location you will be attending: _____ Greenville _____ Grove City. Parent Phone Number(s): _____

Will you need childcare for younger siblings? _____ Yes _____ No. List ages of those who will attend childcare. _____

What allergies/medical conditions should we be aware of? _____

If applicable, Referring Agency Completing Form: _____ If applicable, Referring Contact

Person: _____ Referral Source Phone Number: _____

email completed form to:

Polina Soldatova

polina.soldatova@mcbhc.org

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What is SFP for Family and Youth 10-14?

It is a FREE 7-week program for families with youth ages 10-14, blending fun activities, shared dinners, and lighthearted prizes to strengthen relationships. Through hands-on games and guided conversations, you'll build communication skills and trust while navigating the tween/teen years together. Experience joyful connection using proven tools from Iowa State University's Strengthening Families Program for Parents and Youth 10-14®!

What to Expect:

Dinner is served promptly at 5:30pm before each session.

At 6pm, the workshop will start with the parents and youth aged 10-14 separating into individual sessions.

At 7pm, after an hour of individual sessions, the parents and youth come together as one large group.

The large family session will run until 8pm.

At the end of the night there will be weekly prizes and giveaways!



Tuesday Night Classes

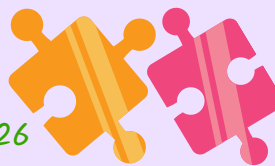
Start Date: October 6th, 2026

End Date: November 17th, 2026

At the Bethel Life Worship Center

246 S Mercer St,

Greenville, PA, 16125



Parent Session Topics:

- *How to show love & set limits
- *How to make house rules
- *Ways to encourage good behavior
- *When to use consequences
- *How to protect against substance misuse
- *How to use community resources

Wednesday Night Classes

Start Date: October 7th, 2026

End Date: November 18th, 2026

At the Church of Beloved Disciple

1310 S Center St. Ext.,

Grove City, PA, 16127



Youth Session Topics:

- *Setting Goals & Dreams
- *Appreciating Parents
- *Coping with Stress
- *Following Rules
- *Handling Peer Pressure
- *Recognizing Qualities of a Good Friend

Family Session Topics:

- *Importance of setting goals and dreams
- *Value of appreciating family members
- *Power of understanding family values
- *Impact of building family communication



On the back of this brochure, there is information on how to register and who to contact with questions!

Space is limited, register today!