

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®!

What to Expect:

Free 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: February 3rd, 2026

End Date: March 17th, 2026

**At the Bethel Life Worship Center
Hermitage Campus**

655 Clarksville Rd, Hermitage, PA 16148

Wednesday Night Classes

Start Date: February 4th, 2026

End Date: March 18th, 2026

**At the Covenant Presbyterian
Church**

263 E State St, Sharon, PA 16146

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

Space is limited, register today!

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



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

STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

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

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

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

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

What location you will be attending: _____ Hermitage _____ Sharon. Parent Phone Number(s): _____

What allergies/medical conditions should we be aware of? _____ If applicable, Referring Contact Person: _____

Form: _____

Referral Source Phone Number: _____

CONTACT US FOR MORE INFORMATION!

Polina Soldatova
SFP Coordinator
724-979-5445

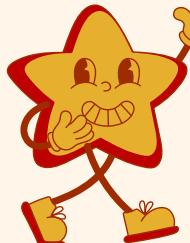
polina.soldatova@mcbhc.org

Laura Leskovac
CTC Mobilizer
724-456-7785

mercercountyctc@gmail.com

PLEASE REGISTER BY
PHONE, EMAIL, OR
ONLINE 

FORMS.OFFICE.COM/
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- ★ Free Dinner
- ★ Prizes and Gifts Given Weekly
- ★ Free Childcare for Children Under 10

STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

A FREE 7 WEEK

FAMILY BONDING WORKSHOP

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

