

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!

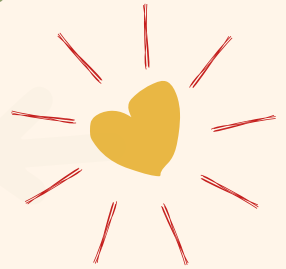
Parent Session Topics:

- *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

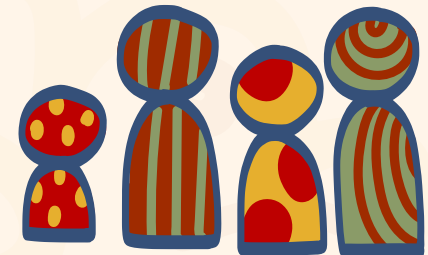
A FREE 7 WEEK

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



CONTACT US FOR MORE INFORMATION!

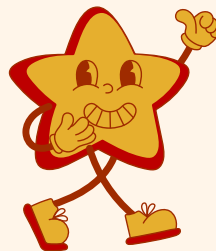
Polina Soldatova
SFP Coordinator
724-979-5445
polina.soldatova@mcbhc.org

Laura Leskovac
CTC Mobilizer
724-456-7785
mercercountycctc@gmail.com

PLEASE REGISTER BY
PHONE, EMAIL, OR
ONLINE



[FORMS.OFFICE.COM/
R/L4YX1ZDRNY](https://forms.office.com/R/L4YX1ZDRNY)



- ★ Free Dinner
- ★ Prizes and Gifts Given Weekly
- ★ Free Childcare for Children Under 10

TO ENROLL, PLEASE COMPLETE AND RETURN THIS PORTION:

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: _____ Heritage _____ Sharon. Parent Phone Number(s): _____
What allergies/medical conditions should we be aware of? _____ If applicable, Referring Agency Completing
Form: _____ If applicable, Referring Contact Person: _____
Referral Source Phone Number: _____

STRENGTHENING
Families PROGRAM
FOR PARENTS AND YOUTH 10-14

email completed form to:

Polina Soldatova
polina.soldatova@mcbhc.org
724-979-5445