

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:

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!

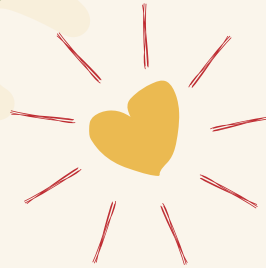
Parent Session Topics:

- *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 abuse
- *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

Tuesday Night Classes

Start Date: October 7th, 2025

End Date: November 18th, 2025

At the Holy Trinity Lutheran Church

1 Trinity Pl, Greenville, PA 16125

Wednesday Night Classes

Start Date: October 8th, 2025

End Date: November 19th, 2025

At the Church of Beloved Disciple

1310 S Center St Ext, Grove City, PA 16127

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

Space is limited, register today!

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!



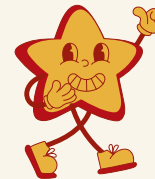
PROGRAM DEVELOPER
IOWA STATE
UNIVERSITY

CONTACT US FOR MORE INFORMATION!

Polina Soldatova
SFP Coordinator
724-662-1550 x 113
polina.soldatova@mcbhc.org

Laura Leskovic
CTC Mobilizer
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:

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

School District the Student Attends: _____ Grade Level _____ Age _____

Family Mailing Address: _____ Will you need childcare for younger siblings? _____ Yes _____ No

List ages of those who will attend childcare: _____, _____, _____ Parent Phone Number(s): _____

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

724-662-1550 x 113

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FOR PARENTS AND YOUTH 10-14

Laura Leskovic

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