



NEWS RELEASE

For Immediate Release
Contact: Karen Thomas
570-963-6842

Strengthening Families Program Helps Kids Succeed

Are you a parent or caregiver of a fifth or sixth grader? Would you like to learn some additional skills to help your child succeed? If so, then register for the free Strengthening Families program.

The Strengthening Families Program for Parents and Youth is a seven-week initiative designed to reduce adolescent substance abuse and other problematic behaviors in youngsters 10 – 14 years old. It has been scientifically tested and results have shown that children who have completed the program are less likely to become involved in risky behaviors like drug and alcohol abuse.

Parents and children begin each Strengthening Families session with a shared meal followed by break out sessions for adults and youth. During the last hour, families reunite to increase family bonding, positive communication skills and learn to solve problems together.

Two sessions will be held in Carbondale. The Carbondale sessions will be held from 5:30 p.m. – 8 p.m. on Sundays starting on February 8 or on Mondays beginning on February 2 at the Carbondale Area Elementary School.

Youth will benefit from attending the sessions by learning to: prepare for their teen years, communicate with their parents, deal with stress and peer pressure, and avoid alcohol and drug problems. Parents and caregivers can enhance their parenting skills by: learning to set limits and show love, making house rules, encouraging good behavior, protecting their children from substance abuse, and learning to handle stress.

The free program includes dinner for the family, prizes for attendance and free child care for younger family members.

For more information or to register for this fun, family oriented program, call Karen Thomas at Penn State Extension in Lackawanna County at 570-963-6842.