



Child Guidance Resource Centers is a private, non-profit, community behavioral health care organization with over 60 years of service dedicated to providing quality care and educational services that best meet the needs of children, youth and their families in the Delaware Valley.

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## Strengthening Families Program

*Building stronger families for healthy futures.*

The Strengthening Families Program is a 14-session, evidence-based parenting skills, children's social skills, and family life skills training program specifically designed for families. Both parents and children participate in this effective program that will improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and improve social skills and school performance.

### STRENGTHENING FAMILIES BUILDS 5 PROTECTIVE FACTORS

- ☞ Parental resilience
- ☞ Social connections
- ☞ Knowledge of parenting and child development
- ☞ Concrete support in times of need
- ☞ Social and emotional competence of children

### PARENTS WILL LEARN:

- ☞ How to effectively discipline & guide children
- ☞ Appropriate developmental expectations
- ☞ Making and integrating house rules
- ☞ Encouraging good behavior
- ☞ Protecting against substance abuse

### CHILDREN WILL LEARN:

- ☞ How to set goals and dreams
- ☞ How to follow rules with parents, peers & teachers
- ☞ Skills to deal with stress
- ☞ Ways to handle peer pressure

**WHO:** Families with children between the ages of 6-11

**WHAT:** 14 weeks; 2 hour group session/Dinner provided

**WHERE:** Christ Lutheran Church  
7240 Walnut St, Upper Darby, PA

**WHEN:** Thursdays at 6:00 pm

***This program is free & dinner will be provided every week.  
Free childcare is provided for siblings during the training sessions***

This program is coordinated by Child Guidance Resource Centers and funded by the Delaware County Office of Behavioral Health, Drug and Alcohol Division