



YORK COUNTY Strengthening Families

a Children's Home of York Program

A program for parents and youth 10-14

The Teen years can be challenging for all families...
SFP 10-14* can help parents and teens
tackle the challenges together!



What to Expect?

- SFP is a 7-week program which meets one night per week.
- Each evening begins with a **free family meal. Dinner at 5:30 pm.**
- **Free childcare** is provided for younger siblings less than 9 years of age.
- During the first hour, parents and youth meet separately, but work on similar skills. During the second hour, youth and parents have fun together as they play games and do family projects.
- Youth sessions include discussions group skills practice, and games.
- Parent sessions include video presentations, group discussions, and skill building activities.
- \$25 gift card to a family restaurant when completing course.

Learn more about...

For Parents:

Setting appropriate limits
Encouraging good behavior
Using effective consequences
Help your child do better in school
Sharing Expectations

For Youth:

Setting & reaching goals
Appreciating parents
Managing stress
Following rules
Resisting peer pressure

For Families:

Supporting goals & dreams
Solve problems together
Sharing family values
Building family communication

This program is free for all families with participating children (10-14 years*)
Family Meal: 5:30 Classes 6-8 pm

Wednesday Evenings
Spring Forge Intermediate School
100 S. Hartman St.
Manchester, PA 17345

March 27, April 3, 10, 17, 24, and May 1, 8, 2024



For More Information and to Register, Contact

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