

What Parents Say About The PROSPER Strengthening Families Program 10-14.

"It's a great program! It will help you and your child understand each other more and it will make the next few years easier!"

"This is a class to enhance your already existing parenting skills and give you more skills that you may miss."

"This program is for all parents, even if you don't think you are struggling. I don't think any parent can have too many 'tools' in their bag."



What Youth Say About The PROSPER Strengthening Families Program 10-14:

"I learned how to have a good family meeting."

"I learned how to deal with peer pressure and about reaching my goals."

"You get to spend FUN time with your parents."



Penn State Extension 724-837-1402 www.prosper.ppsi.iastate.edu

PROSPER is a partnership among Penn State Extension, the Greensburg Salem School District, local volunteers, and the Penn State University scientists and experts that make up the PROSPER State Level Management Team.

To learn more about PROSPER, call

Anne Lail—724-837-1402

E-mail: AML21@psu.edu

Penn State Extension

214 Donohoe Road, Suite E

Greensburg, PA 15601

<http://extension.psu.edu/prosper>

An OUTREACH program of the College of Agricultural Sciences

Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U. S. Department of Agriculture.

Visit Penn State Extension on the web: extension.psu.edu

Where trade names appear, no discrimination is intended, and no endorsement by Penn State Cooperative Extension is implied.

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact [Name and phone number] in advance of your participation or visit.

This publication is available in alternative media on request.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, gender identity, or veteran status. Discrimination or harassment against faculty, staff, or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director. The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901; Tel 814-865-4700/V, 814-863-1150/TTY.

STRENGTHENING Families PROGRAM for parents and youth 10-14



Are You Ready For Middle School?

*You want the best for your child
as they mature into a teenager.*

*SFP 10-14 will help you
guide them to success!*

**A Free Program to help prepare
families for the teen years.**

Registration Starts Today

PENN STATE

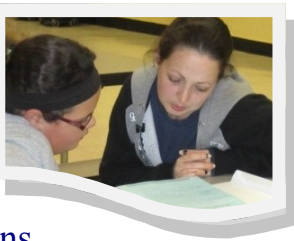


Cooperative Extension
College of Agricultural Sciences

extension.psu.edu

HELP YOUTH:

- * Reach their goals.
- * Make good decisions.
- * Make good friends and resist peer pressure
- * Become responsible young adults.



SFP 10-14 is a seven week program for parents/caregivers and youth that is held one evening per week.

Youth learn and practice:

- Empathy for parents/caregivers
- Respectful communication
- How to set goals for the future
- How to manage stress and increased responsibility
- Problem-solving skills

Parents/Caregivers learn how to:

- Understand and prepare for the normal changes of adolescence
- Support youth's goals and dreams for the future
- Guide good behavior
- Protect against substance use

PROGRAM ALSO INCLUDES:

- ♦ Dinner for the entire family.
- ♦ Child Care for younger siblings in the family.
- ♦ Games, Prizes and Fun Activities!



Two programs offered
Fall 2013 OR Spring 2014

Choose Tuesday OR Wednesday night
5:30 p.m. to 8:00 p.m.

Program held at the
Greensburg Salem Middle School

To register, call

Anne Lail—Penn State Extension
724-837-1402

or return completed registration form to
your child's school office
Attention: Anita Rometo

Register our family for the PROSPER -
Strengthening Families Program 10-14:

Fall 2013 - October 1-2 to November 12-13

Tuesday Wednesday

Spring 2014—February 4-5 to March 18-19

Tuesday Wednesday

We are not able to attend the program.
Please enter our form in the prize drawing.

Parent/Caregiver Name(s):

Student's Name: _____

Home Address: _____

Telephone : _____

E-mail: _____

Number attending the family meal: # _____

Dietary needs or food allergies: _____

Please provide the name(s) of children
attending sibling care and their age:

Name: _____ (age) _____

Name: _____ (age) _____

**You can also register at
Open House - September 19, 2013**