

Specialized Alternatives
for Families & Youth

Strengthening Families Program

The Strengthening Families Program (SFP) offered by SAFY is a 14 session family skills training program designed to increase resilience and reduce risk factors for substance abuse, depression, violence and aggression, delinquency, and school failure in families with at least one six to 11-year-old child. If a family has a child in the identified target group, the program is open to all children, teenagers and adults, within the family household.

Parents learn to increase desired behaviors in children by using attention and rewards, clear communication, effective discipline, substance use education, problem solving, and limit setting. Children learn effective communication, understanding feelings, coping with anger and criticism, stress management, social skills, problem solving, resisting peer pressure, consequences of substance use, and compliance with parental rules.

To learn more about the SFP or to register, call 888-229-6771.

