

## Program Comments

What parents are saying  
about the program:

*"It was fun and moved along quickly."*

*"I liked listening to what has worked  
with other families"*

*"I wish I could have attended when my two  
older kids were still at home.  
We benefited very much"*



What kids are saying  
about the program:

*"I didn't realize how much my mom  
cared about me."*

*"I learned that my parents are fun to be with."*

*"I learned what to say if someone is  
trying to get you in trouble."*

**Where:** Family Enrichment Center  
885 Badger Circle  
Grafton, WI 53024

**When:** Wednesdays, February 15–March 28  
5:30pm–8:00pm

**Cost:** \$25 per family covers the 7-week  
session, including family dinners  
and childcare for younger siblings

For more information contact:

Carol Bralich  
Ozaukee County UW-Extension  
121 W. Main St, PO Box 994  
Port Washington, WI 53074  
262-284-8288 or 262-238-8288

**Work with your youth to prevent or reduce:**

- Aggressive or withdrawn behavior
- Negative peer influence
- Poor school performance
- Lack of prosocial goals
- Poor relationships with parents/caregivers

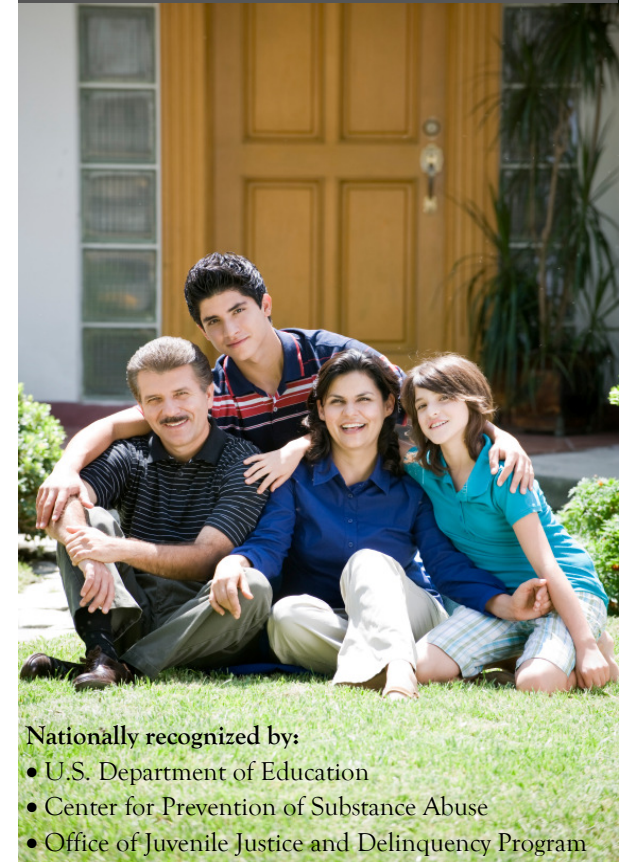
**Work with your youth to build:**

- Positive future orientation
- Peer pressure resistance skills
- Prosocial peer relationships
- Positive management of emotions
- Empathy with parents/caregivers

Cooperating agencies: UW-Extension Ozaukee County and  
Ozaukee County ATOD Prevention Consortium.

# Strengthening Families Program

FOR PARENTS/CAREGIVERS  
AND YOUTH AGES 10-14



Nationally recognized by:

- U.S. Department of Education
- Center for Prevention of Substance Abuse
- Office of Juvenile Justice and Delinquency Program



ATOD  
Prevention  
Consortium

AN OZAUKEE COUNTY COALITION



Your county  
extension office

UW  
Extension  
Cooperative Extension  
Ozaukee County



## Program Format

- Created for parent/caregivers and youth 10-14 years old
- Seven two-hour sessions; the last session includes graduation
- Family dinner and childcare for younger siblings provided
- Parents and youth meet in separate groups for the first hour
- Families have fun together and practice skills for the second hour
- Each session is filled with activities and games
- Taught by three trained program facilitators
- Designed to help parents and youth build on their strengths
- Designed to help families grow and learn together

## Session Topics

### For Parents:

- Using love and limits
- Encouraging good behavior
- Building bridges
- Making house rules
- Protecting against substance abuse
- Using consequences

### For Youth:

- Having goals and dreams
- Appreciating parents
- Dealing with stress
- Handling peer pressure
- Following house rules
- Reaching out to others

### For Families:

- Supporting goals and dreams
- Appreciating family members
- Understanding family values
- Using family meetings
- Building family connections
- Reaching family goals



## Strengthening Families Program Reply Form

- \_\_\_ **Yes!** Our family would like to register for the "Strengthening Families Program." I have filled out all of the information below.
- \_\_\_ **Sorry!** We cannot participate at this time, but would like to in the future! We have provided our names below so you can contact us when another program is planned.
- \_\_\_ **Sorry!** We are not interested in the program.

### Please print:

Names of adult(s) attending (please include last names):

1. \_\_\_\_\_
2. \_\_\_\_\_

Names of youth ages 10 – 14 years old attending:  
(Please include last names)

1. \_\_\_\_\_ Age \_\_\_\_\_
2. \_\_\_\_\_ Age \_\_\_\_\_
3. \_\_\_\_\_ Age \_\_\_\_\_

My younger children need childcare: No Yes

Names of children who need childcare:

1. \_\_\_\_\_ Age \_\_\_\_\_
2. \_\_\_\_\_ Age \_\_\_\_\_
3. \_\_\_\_\_ Age \_\_\_\_\_

Our address

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Our phone number \_\_\_\_\_

Please send this registration form, along with a check or money order for \$25, made payable to UW-Extension by February 3, 2012 to:  
Ozaukee County UW-Extension  
c/o Carol Bralich  
121 W. Main St., P.O. Box 994  
Port Washington, WI 53074