

# STRENGTHENING Families PROGRAM

Registration Form  
7 week Strengthening Families Program  
Mifflin County School District  
For more information—call 248-9618

**Return registration form to your homeroom teacher by Friday, March 23, 2018**

Teacher: \_\_\_\_\_ School: \_\_\_\_\_

This Form Came Home: \_\_\_\_\_  
Parent/Guardian Signature

**Spring Session 04/03/2018 to 05/15/2018 5:30-8:00 pm at Mifflin County Middle School**

**Please Check One & Return registration form to your homeroom teacher by Friday, March 23, 2018:**

- Yes, Register our family
- No, we are not able to attend
- We need more information; please call us

Homeroom/Classroom with the most forms returned is eligible for a free breakfast delivered to your classroom!

Name of Adult(s): \_\_\_\_\_

Name of Student: \_\_\_\_\_

Home Address: \_\_\_\_\_

Contact Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Please Check All that Apply:

- Childcare Needed
- Family has participated in program before
- Food Allergies \_\_\_\_\_

A family meal will be provided for all evening sessions. Please indicate:

1. The number of people attending the family meal \_\_\_\_\_
2. Dietary needs or food allergies \_\_\_\_\_

**FREE** Childcare will be provided for younger children in the family. Please provide the names of all children attending child care and their age.

\_\_\_\_\_ age \_\_\_\_\_  
\_\_\_\_\_ age \_\_\_\_\_  
\_\_\_\_\_ age \_\_\_\_\_  
\_\_\_\_\_ age \_\_\_\_\_



**\*Please return the separate  
Registration Form  
by MARCH 23rd**

**Please indicate “Yes,” “No,”  
or “We Need More Information.”**

**The Homeroom with the highest number  
of returns will be eligible for a  
breakfast delivered to your home room!**

## STRENGTHENING

Tuesdays, April 3rd  
thru May 15th, 2018

5:30 - 8:00 PM

Mifflin County Middle School

*families*  
**PROGRAM**



**For more information about PROSPER,  
please contact Penn State Extension at  
717-248-9618**

**PROSPER**  
*Strengthening Families*  
is a **FREE** program that meets  
once a week for 7 weeks to  
strengthen family  
communication and prepare  
for the teenage years.

### Improve Parentings Skills:

- Using Love, Limits & Consequences
- Making House Rules
- Encouraging Good Behavior
- Protecting against Substance Abuse
- Decision making and life skills,  
including stress management, peer  
relationships and goal setting

### Build Life Skills in Youth:

- Reaching goals and dreams
- Reaching Out to Others
- Appreciating Parents
- Dealing with Stress & following rules
- Communication Skills

### Strengthen Family Bonds:

- Appreciating Families
- Supporting Goals and Dreams
- Family Communication and Values



### What Parents Learn at PROSPER?

“It’s a great program! It will help you and your  
child understand each other more!”

“How my sons will be exposed to peer pressure  
and group exposure and how to discuss the issue  
ahead of time.”

“Set limits, show how you love your kids, then  
follow with the consequences and rewards, listen  
to your child and see things from their point of  
view. Talk with kids, get to know their friends.”

### What Kids Learn at PROSPER?

“To respect your parents!”

“How to handle peer pressure”

“How to talk through issues rather than fight”

“Walk away from drugs”

“How to have a good family meeting”

“You get to spend FUN time with your parents”

All seven sessions begin with a family meal.  
Childcare is provided for younger children.  
Sessions include games, activities and discussion.

Is parenting more difficult than it used to be with homework, friends, activities and sports?

Do your kids sometimes drive you **CRAZY**?

**YOU ARE NOT ALONE!**

Join other concerned parents like you in a wonderful, family-oriented program called **Strengthening Families.**

This FUN, FREE 7-week program will start Tuesday, April 3rd at 5:30 pm at the Mifflin County Middle School. The program helps families:

- Share their dreams, wishes and goals for the future.
- Learn the most effective ways to communicate with each other.
- Develop great problem-solving skills to handle problems as they arise.
- Increase and enhance family bonding.
- Decrease participation in risky behaviors like teen drug and alcohol abuse.

Many families across Pennsylvania who have already participated in Strengthening Families report that their families are closer, work better together to prevent and resolve everyday issues, and have reduced tension and frustration in their households. Kids, especially, report using and remembering some of the key lessons they've learned in this program to deal with difficult peer issues and to communicate better with their parents.

There is **NO COST** for this program, and it is open to **ALL FAMILIES** of 5<sup>th</sup> and 6<sup>th</sup> graders!

- Family supper each Tuesday night!
- Child care for younger children!
- Great information and resources!
- Opportunities to meet and interact with other families in your community!

**7 Week Session**  
**Every Tuesday - 5:30-8:00 PM**  
**Beginning April 3<sup>rd</sup> thru May 15<sup>th</sup>**  
**Mifflin County Middle School**



Penn State Extension 717-248-9618  
[www.prosper.ppsi.lastate.edu](http://www.prosper.ppsi.lastate.edu)

PROSPER is a partnership among Penn State Extension, Mifflin County School District, Mifflin County Communities that Care, local volunteers, and scientists and experts from the Penn State Prevention Research Center included in the PROSPER State-Level Extension Team.

To learn more about PROSPER, contact

Kirk Gilbert  
717-248-9618  
E-mail: [kag10@psu.edu](mailto:kag10@psu.edu)

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Mifflin Co. PROSPER Community is an Action Team within:



PennState Extension



**STRENGTHENING**  
**Families PROGRAM**

**Every Tuesday**  
**April 3<sup>rd</sup> to May 15<sup>th</sup>, 2018**  
**Family Meal @ 5:30 PM**  
**Program 6:00 - 8:00 PM**  
**Mifflin County Middle School**  
**Parents and Youth**  
**5<sup>th</sup> and 6<sup>th</sup> Grade**