



switchpoint™ Community Resource Center



PRESENTS THE

***Strengthening Families
Program** by Dr. Karol Kumpfer

**FREE
DINNER**



**FINAL
NIGHT to
Register
DON'T
MISS IT!**

COME JOIN US FOR A

KICK-OFF NIGHT

THURSDAY, SEPTEMBER 5TH 2019

6:00 – 8:00 pm

**LEARN ABOUT THE PROGRAM
AND HOW IT CAN BENEFIT YOUR FAMILY**

TO REGISTER CALL: 435-628-9310 EXT: 113

SWITCHPOINT MULTIPURPOSE ROOM – LOWER LEVEL

948 N 1300 W in ST GEORGE

***Strengthening Families Program is for Parents and Children ages 7-17**



Strengthening Families Program by Dr. Karol Kumpfer



switchpoint™
Community Resource Center

10 week STRENGTHENING FAMILIES COURSE with Children ages 7-17 (*Arrangements can be made for childcare if needed)

The **Strengthening Families Program** is an evidence-based parenting and youth **life-skills** program with **proven results**.

Families Reported:

- ❖ An increase in Family Unity
- ❖ Improved family management and organization
- ❖ Decreased family conflict

Children Experienced:

- ❖ An increase in social skills, cooperation, and pro-social friends
- ❖ An improvement in school performance
- ❖ A reduction in misconduct and aggression
- ❖ A reduction in depression and anxiety
- ❖ A dramatic reduction in tobacco, alcohol and drug abuse

Parents Reported:

- ❖ An increase in parenting skills
- ❖ An increase in marital satisfaction
- ❖ A decrease in stress, depression and substance abuse

September 9th – November 21st, 2019 6:00PM - 8:00PM

September 5th KICK OFF!

September 12th Introduction &

Lesson 1: Compliments

September 19th Lesson 2: LUV Listening

September 26th Lesson 3: Rules/Rewards

October 3rd Lesson 4: Positive Discipline

October 10th Lesson 5: Problem Solving

October 24th Lesson 6: Anger Management

November 7th Lesson 7: Goals

November 14th Lesson 8: Drugs/Alcohol &

Lesson 9: Monitoring Activities

November 21st Lesson 10: Family & Values/

Graduation

Families must be committed to Program, Attend weekly, AND practice the skills taught in class!

***This Is A FREE 10-Week Class w/Dinner!**

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SWITCHPOINT 948 N 1300 W in the MULTIPURPOSE ROOM (Lower Level)