

Strengthening Families Program for Parents and Youth 10-14

All Families have strengths. This program will help your family become even stronger!

Program Benefits—participant evaluations, compared to families not in the program, show:

- Youth had significantly lower rates of alcohol, tobacco and marijuana use.
- Youth had significantly fewer conduct problems in school.
- Parents learned to build a positive relationship with their youth, set appropriate limits and follow through on consequences.

Proven to Work—The World Health Organization named the Strengthening Families Program:

For Parents and Youth 10-14 as the **#1 prevention program out of 6,000 programs** analyzed for long-term effects on substance use and misuse.

No charge for the Seven two hour sessions at BASES, 208 W Lincoln, Charlevoix. This program is for parents / caregivers and teens 10-14 years of age.

This program will be held on Sunday's from 2:00 to 4:00 p.m. at BASES on **3/3/19, 3/10/19, 3/17/19, 4/7/19, 4/14/19, 4/28/19 and 5/5/19.**

Limit of 10 families per series—to sign up, please call BASES at 231-547-1144.

Incentives for participants including gas cards to help offset travel, food coupons and family activity coupons donated by local businesses. Snacks provided.

This program is funded by a grant from Northern Michigan Regional Entity.