

# Strengthening Families



## Overview of FREE SFP Programming

The Strengthening Families Program is a 14-session, evidence-based parenting skills, children's social skills, and family life skills training program specifically designed for general and high-risk families.



## WHAT

The Strengthening Families Program (SFP) is an evidence-based family life skills training program. SFP is a research-informed approach to increase family strengths and enhance child development. The program includes fun learning opportunities for both parents and children, and incentives for progress and completion.



## WHY

SFP demonstrates the following outcomes: increased family bonding; improved positive communication; enhanced family organization; and increased youth cooperation.



## WHO

Families who want to enrich the time they spend together.



## WHEN AND WHERE

Call for more details on dates and location



## Contact Information

For more information call 980-580-7734 or email [mateo.florez@anuvia.org](mailto:mateo.florez@anuvia.org). To refer a family, please use registration form.