



ADVENT
GROUP MINISTRIES

RECLAIMED HOPE • REALIZED POTENTIAL • RESTORED LIVES



Join us for an
Extreme Family Makeover

Are you
interested
in having

{ a happy family
strong bonds of love & respect
well-behaved kids
a joyful marriage relationship
kids kept safe from alcohol & drugs

The **Strengthening Families Program** offers all that and more!

The Strengthening Families Program (SFP) is a 12-week evidence-based parent, youth, and family skills-building curriculum that helps prevent teen substance abuse and other problem behaviors while improving parent/child relationships.

Advent Group Ministries is offering this **free** program designed for parents and their children ages 6 to 11 or 12 to 17*. After a complimentary family meal, parents and youth meet in separate groups for one hour then come back together to practice the skills they've learned. Sessions are highly interactive and include role-playing, discussions, learning games and family projects.

**Free childcare is provided for those children not involved in the program.*

For more information call 408-281-0708 ext. 105

Advent Group Ministries Presents

The Strengthening Families Program

Named **the number one prevention program** for long-term effects on substance use and misuse by Dr. David Foxcroft, Oxford Brookes University.

When:

Classes begin in the beginning of May 2014.

Where:

Santa Clara County schools and churches. Locations to be announced.

Do you want the Strengthening Families Program at YOUR church or school? Contact us today!

Program Schedule:

5:30—6:30 pm

A complimentary family dinner is part of the weekly program.

6:30—7:30 pm

Families view a 25-minute video. Parents and children break into separate groups to discuss the video, then come back together to practice the skills they've learned.

Register:

For more information, or to register your family for SFP, please contact Dale MacGowan at 408-281-0708, ext. 105.

Cost: **FREE**

Topics Include:

Parent Sessions

- Using Love and Limits
- Making House Rules
- Encouraging Good Behavior
- Using Consequences
- Building Bridges
- Protecting Against Substance Abuse
- Using Community Resources

Youth Sessions (ages 6-11 or 12-17)

- Having Goals and Dreams
- Appreciating Parents
- Dealing with Stress
- Following Rules
- Handling Peer Pressure
- Reaching out to Others

Family Sessions

- Supporting Goals and Dreams
- Appreciating Family Members
- Using Family Meetings
- Understanding Family Values
- Building Family Communication
- Reaching our Goals
- Putting it all Together and Graduation

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