



Strengthening Families Program 10-14

Presented by the ParentWISE Program of Wesley Family Services

Wednesdays, June 15th – July 27th

Dinner at 5:30 Class from 6-8pm

*parents and youth

Earn incentives and have fun while you learn!

To enroll, contact: Samantha Maggio

P: 724-217-8306 Email: Samantha.maggio@wfspa.org

From Our Parents:

"I learned to listen to my child and their feelings."

"I can set rules and consequences and still show love."

From Our Youth:

"I learned to deal with peer pressure."

*"I realized my parents have stress too."
"My parents love me."*

An evidence-based parent, youth, and family skills-building curriculum that:

- Prevents teen substance abuse and other behavior problems
- Strengthens parent/youth communication skills
- Increases academic success in youth
- Prevents violence and aggressive behavior at home and at school

For Parents:

- Setting appropriate age limits
- Encouraging good behavior
- Using effective consequences
- Protecting against risks
- Sharing expectations

For Youths:

- Setting and reaching goals
- Appreciating parents
- Managing stress
- Following rules
- Reduces negative peer influences

For Families:

- Supporting goals and dreams
- Solving problems together
- Building family communication
- Sharing family values



wesley family services

wfspa.org



Westmoreland Drug & Alcohol Commission, Inc.
www.wedacinc.org

**Classes and incentives are provided by Westmoreland Drug and Alcohol Commission*