

A 14 week skill-building class for parents and children ages 6 to 11

Strengthening Families Program



*"I have a much better idea now
how to help my children to
achieve their dreams and goals."*

Program Participant

The Strengthening Families Program (SFP) involves the entire family.

Parents and children attend together, sharing a family meal, attending their own parenting classes and children's groups, and wrapping up each evening with family activities. Transportation and childcare are available.

Wednesdays from 5:00 - 7:30 p.m.
beginning Wednesday September 16th through December 16th, 2009
at The Youth Alternatives Ingraham Family Center, 50 Lydia Lane, South Portland

A program fee of \$395 covers all family members. **Scholarships are available.** Space is limited, and registration priority will be given to families receiving support from the Department of Health and Human Services.

Call Deb Dunlap at
(207) 523-5081
to learn more.

 youth alternatives ingraham

Promoting healthier lives, happier families, and stronger communities since 1967

www.yimaine.org