

# Strengthening Families Program



## On Tuesdays

**Starting: February 12, 2019**

**Ending: May 7, 2019**

**Time: 6 p.m.- 8 p.m.**

**Location: River Forest Township  
8020 Madison St, River Forest, Illinois**

## **CALL TO REGISTER**

**708.410.0615**

**(Mention SFP in Oak Park)**

- ◆ Participate in a 12 WEEK program with your entire family.
- ◆ **You Will Learn...**
  - **Effective Parenting Skills**
  - **Healthy Communication**
  - **How to Resolve Conflicts**
  - **Stress Management Skills**
  - **How to Set Limits**
- ◆ Open to families with children ages **7-17 years of age**.
- ◆ Dinner is provided.
- ◆ Childcare and transportation is available if needed.
- ◆ At no cost to families that reside in Oak Park or River Forest.
- ◆ Proof of residency is required, such as Government issued ID or Utility Bill.