

## Strengthening Families Program (SFP)

The Strengthening Families Program (SFP) is a nationally and internationally recognized parenting and family strengthening program for high-risk and regular families. SFP is an evidence-based family skills training program found to significantly reduce problem behaviors, delinquency, and alcohol and drug abuse in children and to improve social competencies and school performance.

For families of 10-14 year olds- Building stronger families through skills training, fun activities and family meals. Families meet one evening each week for 12-15 consecutive weeks.