



Strengthening Families Program

A **FREE** 11 week family life education program is being held this summer for families in the Alpine School District. The program is held one night a week for the entire family. A dinner will be provide to all participants.

The program teaches the following essential skills:

- Communication
- Bonding
- Positive Discipline
- Problem Solving
- Goal Setting and Achievement
- Anger Management
- Establishing Family Values

The next session begins **the week of May 21st** and will be held on Utah Valley University campus. The program will be held during the following times:

- Tuesday 5:30 - 8 pm
- Thursday 6-8:30 pm

If interested in attending this session or any other sessions please contact Mackenzie Pranger, Managing Director, by email at utahvalleyuniversitysfp@gmail.com

For more information about the program, visit the program's website at strengtheningfamilies.weebly.com or on Facebook, "Utah Valley University Strengthening Families Program."

