



## Strengthening Families Program

A **FREE** 11 week family life education program is being held throughout the Alpine School District. The program is held one night a week for the entire family. A dinner will be provided 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 September 4th** at the following locations:

Orem Jr. High, Spanish, Monday 5:30 - 8 pm

Lakeridge Jr. High, Tuesday 5:30-8 pm

Lehi Junior School, Tuesday 5:30 - 8 pm

Pleasant Grove Jr. High, Wednesday 5:30- 8 pm

American Fork Jr. High, Thursday 5:30-8 pm

Orem High School, Thursday 6-8:30 pm

If interested in attending this session or any other sessions please contact Mackenzie Pranger, Managing Director, by email at [utahvalleyuniversitvfp@gmail.com](mailto:utahvalleyuniversitvfp@gmail.com)

For more information about the program, visit the program's website at [strengtheningfamilies.weebly.com](http://strengtheningfamilies.weebly.com) or on Facebook, "Utah Valley University Strengthening Families Program."

