



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 January 22nd** at the following locations:

- Orem Jr. High, Spanish Program, Monday 5:30 – 8 pm
- Lakeridge Junior High, Tuesday 5:30 – 8 pm
- Lehi Junior School, Tuesday 5:30 – 8 pm
- Pleasant Grove Junior High, Wednesday 5:30 – 8 pm
- Vista Heights Middle School, Wednesday 5:30 – 8 pm
- Orem High School, Thursday 6 – 8:30 pm
- American Fork Jr. High, Thursday 5:30 – 8 pm

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

