**Strengthening Families Program (CUSD)**

**Fall 2015 at Capri Elementary School**

The Strengthening Families Program teaches parenting skills and children’s life skills in a

positive environment to increase family strengths and resilience. It also helps to improve social skills, school performance and increase positive family interactions.

The Strengthening Families Program (SFP) includes fourteen weeks of 2 ½ hour sessions. Each session starts off with a dinner for the family. Parents and children participate individually to learn new skills and then come together as a whole family to practice the new skills they have learned. SFP has been shown to significantly reduce problem behaviors such as aggression and non-compliance to encourage a stronger sense of family and support.

**Please join us for an orientation to learn more about this program:**

**When: Tuesday, October 6th, 2015**

**Where: Capri Elementary School
Time: 5:30pm – 8:00pm**

**Childcare and snacks will be provided. We look forward to seeing you there!**

**SFP fourteen-week Schedule**

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| Orientation  | Tuesday, October 6th |
| Session 1 | Tuesday, October 13th  |
| Session 2 | Tuesday, October 20th  |
| Session 3 | Tuesday, October 27th  |
| Session 4 | Tuesday, November 3rd  |
| Session 5 | Tuesday, November 10th |
| Session 6 | Tuesday, November 17th |
| ***No Session: Thanksgiving Holiday* Session 7** | **Tuesday, November 24th** |
| Session 7 | Tuesday, December 1st  |
| Session 8 | Tuesday, December 8th  |
| Session 9 | Tuesday, December 15th |
| ***No Sessions: Holiday Break***  | **Tuesday, December 22nd and 29th**  |
| Session 10 | Tuesday, January 5th |
| Session 11 | Tuesday, January 12th |
| Session 12 | Tuesday, January 19th  |
| Session 13 | Tuesday, January 26th |
| Session 14 : Graduation | Tuesday, February 2nd  |

For more information, please contact: Ted Cribari at Capri (408) 364-4260 or

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