

## What Parents Learn At PROSPER?

*“How to understand my child’s needs and behaviors.”*

*“How to listen to my child’s point of view and how to follow through with family meetings.”*

*“Dealing with stresses and my children and to include my entire family in house rules, fun and work.”*

## What Youth Learn At PROSPER?



*“That you should do what you think is right”*

*“How to get closer to my family.”*

*“I learned how to deal with peer pressure and about reaching my goals.”*



Penn State Extension 814-486-3350 [www.prosper.ppsi.iastate.edu](http://www.prosper.ppsi.iastate.edu)

PROSPER is a partnership among Penn State Extension, the Cameron County School District, local volunteers, and the Penn State University scientists and experts that make up the PROSPER State Level Management Team.

**To learn more about PROSPER, call  
Penn State Cooperative Extension in  
Cameron County  
814-486-3350**

**E-mail: [cameronext@psu.edu](mailto:cameronext@psu.edu)  
<http://www.prosper.ppsi.iastate.edu/>**

An **OUTREACH** program of the College of Agricultural Sciences

**Penn State College of Agricultural Sciences research and extension programs are funded in part by Pennsylvania counties, the Commonwealth of Pennsylvania, and the U. S. Department of Agriculture.**

Visit Penn State Extension on the web: [extension.psu.edu](http://extension.psu.edu)

Where trade names appear, no discrimination is intended, and no endorsement by Penn State Cooperative Extension is implied.

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact [Name and phone number] in advance of your participation or visit.

This publication is available in alternative media on request.

The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission, and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, gender identity, or veteran status. Discrimination or harassment against faculty, staff, or students will not be tolerated at The Pennsylvania State University. Direct all inquiries regarding the nondiscrimination policy to the Affirmative Action Director. The Pennsylvania State University, 328 Boucke Building, University Park, PA 16802-5901: Tel 814-865-4700/V, 814-863-1150/TTY.

# Penn State **Extension**

## **STRENGTHENING** *families* **PROGRAM**

For Parents and Youth 10-14



**Program Starts  
January 30, 2012**

**Register by January 20!**

**[extension.psu.edu](http://extension.psu.edu)**

**PENN STATE**



**Cooperative Extension**  
*College of Agricultural Sciences*

PROSPER-Strengthening Families Program is a 2 hour program that meets once a week for 7 weeks to strengthen family communication and prepare for the teenage years!

## ***Build on Parenting Skills***



Using Love & Limits  
 Making House Rules  
 Encouraging Good Behavior  
 Using Consequences  
 Protecting Against Substance Use  
 Using Community Resources

## ***Build Life Skills in Youth***

Reaching Goals and Dreams  
 Reaching Out to Others  
 Appreciating Parents  
 Dealing With Stress  
 Following Rules  
 Peer Pressure

## ***Strengthen Family Bonds***



Appreciating Families  
 Supporting Goals and Dreams  
 Family Values, Communication, and Meetings

- *Sessions begin with a Family Meal.*
- *Childcare is provided for younger children in the family.*
- *Sessions include games, activities, and awards.*



## **Registration Starts Today!**

**Mondays from 5:30 PM to 8:00 PM**

**7 weekly sessions start  
 January 30, 2012**

**Program will be held at Woodland  
 Elementary School**

**Class size is limited. Register early.**

**Return completed registration form to  
 the Woodland Elementary School Office.**

**This form came home:** \_\_\_\_\_ *(Parent/Guardian Signature)*

**Yes, register our family:**  **Monday..... January 30 through March 12, 2012**

Name of Adult(s): \_\_\_\_\_

Name of Child: \_\_\_\_\_

Home address: \_\_\_\_\_

Telephone (Day or cell): \_\_\_\_\_ Telephone (Evening): \_\_\_\_\_

E-mail: \_\_\_\_\_

**A family meal will be provided for all sessions. Please indicate:**

The number of people attending the family meal: \_\_\_\_\_

Dietary needs or food allergies: \_\_\_\_\_

**Free childcare will be provided for younger children in the family.**

Please provide the name(s) of all children attending child care and their age?

\_\_\_\_\_ (age) \_\_\_\_\_ (age)