



In this 10-week program, the whole family has an opportunity to learn and practice skills involving:

- **Your family bonding** (creating warm, loving relationships)
- **Setting boundaries** (rules against antisocial behavior, including drug and alcohol use)
- **Monitoring** your children's emotional well-being and activities to keep them safer in social situations

Children, age 7 and up, are invited to join this program with their families. For younger children, there is a childcare center on-site for parents enrolled in the SFP program.

Location: Oak Hills Church
1100 Blue Ravine Rd. Folsom, CA 95630

Dates: 10-week series on *Wednesday* evenings
starting February 1st 2022 to March 5th, 2023

Time: 5:45pm to 8:00pm

Language: Offered in English and Spanish

This program is **FREE** and includes **dinner**, childcare, and materials. Registration is required.

To register please contact:

Amanda Turkes, RN
FCUSD Health & Wellness Office
(916) 294-9013 or aturkes@fcusd.org



This program is sponsored by Folsom Cordova Unified School District