



# Take part in a FREE 8-week Family Life Education Course with the UVU STRONGER FAMILIES PROJECT

## Build On Your Family's Strengths & Values!

Using an **evidence-based, nationally-recognized curriculum**, we teach both parents and children how to improve their interaction and emotional patterns within the family.

In-person sessions will be delivered at locations in Utah County.

**Classes begin the week of Sept. 18<sup>th</sup> and are held one evening per week through Nov. 16<sup>th</sup>**

Classes are for the entire family.  
Sessions fill up quickly and space in the program is limited.

Fall Sessions:	Covered Topics:
<p><b>Tuesday Night:</b> Orem Jr. High 650 W. Jaguar Ave., Orem 6:30-8:00 pm</p> <p><b>Thursday Night:</b> UVU Campus SFP Bldg. 1140 S. 400 W., Orem 6:30-8:00 pm</p>	<ul style="list-style-type: none"> <li>• Healthy Patterns of Communication</li> <li>• Family Interpersonal Skills</li> <li>• Conflict Resolution</li> <li>• Emotional &amp; Mental Health</li> <li>• Positive Discipline</li> <li>• Problem Solving</li> <li>• Goal Setting and Achievement</li> <li>• Anger Management</li> <li>• Establishing Family Values</li> </ul>

**Apply at: <https://www.uvu.edu/sfp/apply/>**