



Take part in a FREE 8 week family life education course that will build on your family's strengths and values.

Spring 2021 session will be delivered 100% remotely to families in Utah.

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

Topics Include: Communication, Family Interpersonal Skills, Life Skills, Emotional and Mental Health, Social Awareness, Positive Discipline, Problem Solving, Goal Setting and Achievement, Anger Management, and Establishing Family Values.

Spring Session begins the week of **February 8, 2021** and is held Tuesday, Wednesday, or Thursday night from 6:30 to 8:00 pm.

To register for our program please visit our website listed below:

<https://www.uvu.edu/sfp/register.php>

For more information or to answer any questions, please contact us at:

strongerfamilies@uvu.edu • 801.863.7235 • www.uvu.edu/sfp

www.facebook.com/UVUStrongerFamiliesProject/