

# Strengthening Families 7-17

## Family/Parent Education Program

The Strengthening Families Program (SFP) is a family skills training program for high-risk and general population families. Parents and youth attend weekly SFP skills classes together, learning parenting skills and youth life and refusal skills. They have separate class training for parents and youth, followed by a joint family practice session.

**Friday 5:00-6:30 p.m. and Saturday 2-3:30 p.m.**

**April 29th thru July 9, 2022**

Friday – 5-5:30 Family (Parents & Youth); 6:00 - 7:00 Adults only.

Saturday – 2-2:45 Youth only; 2:45-3:30 p.m. Family (Parents & Youth).

**[CLICK HERE TO REGISTER](#)**

Now offering Hybrid classes: Sessions held in-person AND via Zoom at the same time. Sessions held at the:

Project ABLE Training Center, 1607 State St., Salem, OR

**DAYCARE IS AVAILABLE UPON REQUEST**

**AMAZING INCENTIVES, PRIZES AND RAFFLES AVAILABLE.**

**SNACKS AND BEVERAGES ARE PROVIDED.**

PLUS; Every individual that completes one of our parenting series can take one of the [Learning 2 Live classes](#) absolutely FREE. (The Learning 2 Live classes were designed for adult survivors of severe childhood trauma (HIGH ACE scores).

**Heidi Bryson, MAHS, QMHA, FLE, PWS, TIC  
Parent Educator, Life Skills Coach**

**Learning 2 Live**

**971-261-9147**

[Learning2LiveFounder@gmail.com](mailto:Learning2LiveFounder@gmail.com)

