



Are you raising a child between the ages of 7-17 years old? Do you want to improve your communication, boundary setting, and problem solving skills?

The Melrose Substance Abuse Prevention Coalition is offering Melrose families a new parenting program to use AT HOME!

The **Strengthening Families Program** is an evidence-based parenting skills, children's social skills, and family life skills training program.

Outcomes include increased family strengths and resilience and reduced risk factors for problem behaviors in high risk children, including behavioral problems, emotional, academic and social problems.

This 11 session Home-Use DVD allows parents and children participate both separately and together, on their own time.

Get your copy of the **Strengthening Families DVD** for \$5 at the Melrose Health Department!

Questions about SFP? Please visit [www.strengtheningfamilies.org](http://www.strengtheningfamilies.org)

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