



## **PROSPER**

*Promoting School-community-university Partnerships to Enhance Resilience*

The PROSPER project is an innovative model for bringing research-based, scientifically proven prevention programs to Lackawanna County in order to strengthen youth, families, and communities. The focus is on strengthening parent-child relations and problem-solving, building youth life skills, and teaching youth to avoid peer pressure or dangerous behaviors.

### **Strengthening Families Program**

The Strengthening Families program is for 10-14 year old youth and their parents. It is a seven week two-hour program which uses videos, role playing, games, discussions, and family projects to:

- improve parenting skills
- build life skills in youth
- strengthen family bonds

Topics covered in parent sessions include:

- Using love and limits
- Making house rules
- Encouraging good behavior
- Using consequences
- Building bridges
- Protecting against substance abuse
- Using community resources

Youth sessions include these topics:

- Having goals and dreams
- Appreciating parents
- Dealing with stress
- Following rules
- Handling peer pressure
- Reaching out to others

Family sessions use specially designed games and projects to increase family bonding, build positive communication skills, and facilitate learning to solve problems together. Topics include:

- Supporting goals and dreams
- Appreciating family members
- Using family meetings
- Understanding family values
- Building family communication
- Reaching our goals



For more information on  
The Strengthening Families Program, contact:

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