



# 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 and a virtual Parents-Only Session available to those living within the state of Utah.

**Classes begin the week of September 20<sup>th</sup> and are held one evening per week through Nov. 17<sup>th</sup>**

Except for the Virtual Parents Only class, all others are for the entire family. Sessions fill up quickly and space in the program is limited.

<b>Fall Sessions:</b>	<b>Covered Topics:</b>
<p><b>Tuesday Night:</b> Orem Jr. High 6:30-8:00 pm <i>*English Session</i></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>
<p><b>Tuesday Night:</b> Parents Only 6:30-8:00 pm <i>*Virtual English Session</i></p>	
<p><b>Thursday Night:</b> UVU Campus SFP House 6:30-8:00 pm <i>*English Session</i></p>	

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

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