



Strengthening Families Program Spring 2026

The Prevention Unit will be hosting the Spring 2026 cycle of SFP in Chico. This cycle will start January 26th and conclude May 4th. There will be (13) Monday evening sessions that begin at 5:30 PM and end by 8:00 PM. In addition, there will be (1) Saturday session (Family Challenge Day).

The Strengthening Families Program (SFP) is an evidence-based family skills training program that is recognized both nationally and internationally. Each week will include a family dinner, separate class trainings for parents and youth ages 7-11 and 12-17 years of age, followed by a joint family practice session to close out the evening. SFP is intended to serve the entire family which includes childcare for children ages 6 and under.

➞ WHAT TO EXPECT?

- Communicate with Love & Understanding
- The Five R's for a Happy Home
- Limits & Consequences
- Problem Solving & Negotiation Skills
- Stress & Anger Management Skills
- Goals & Contracts to Change Behavior
- Keeping Kids Alcohol & Drug Free
- Choosing Friends & Monitoring Activities
- Values, Traditions & Service

➞ QUESTIONS?

- Please call (530) 891-2891

WWW.BUTTEYOUTHNOW.ORG

**SCAN QR CODE TO
REGISTER:**



**Strengthening Families
Program** by Dr. Karol Kumpfer