



Strengthening Families Program Fall 2026

The Prevention Unit will be hosting the Fall 2026 cycle of SFP in Gridley. This cycle will start September 14th and conclude November 23rd. There will be (11) Monday evening sessions that begin at 5:30 PM and end by 8:00 PM.

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 years of age, followed by a joint family practice session to close out the evening. Childcare for children ages 6 and under will be provided.

➞ 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