

Student Assistance Services Presents



The Strengthening Families Parent and Child Program

The Strengthening Families Program is a completely **FREE** evidence-based parent and child program that aims to help families bond and develop effective communication skills. Throughout this 7 week program, your family will engage in hands-on activities about mindfulness, goal setting, communication, conflict resolution, and more!

How can families register for the program?

- You can register by calling 914-606-1173 or 914-332-1300. This is an ongoing program with many cycles and locations throughout Mount Vernon.

Who is this program for?

- This program is for ALL families with children between the ages of 10-17. Childcare will be provided for families that have children under the age of 10.

How Much Does it cost?

- This program is absolutely **FREE**. We also provide families with a **meal during every session** and **gift cards** throughout the program for families that participate weekly. There will also be **completion certificates** given to participants that complete the entire program.