

# DEAR CHURCH FAMILIES:



United Methodist Health Ministry Fund is offering a special opportunity to start a church-based parent support program that works.

And it works extremely well—far better than most other support programs.

It's called The Strengthening Families Program. SFP has been around for over 30 years and has been implemented in 38 countries with families of children ages 7-17.

More recently, SFP has created an easy-to-implement version of the program: The SFP DVD Family Discussion Group format. Team training is available at no charge through UMHMF sponsorship. Visit [www.healthfund.org/strongfams](http://www.healthfund.org/strongfams) for dates and locations.

Interested church families, along with families from the community, come together once a week to watch the fun, inspirational DVD and practice easy, research-proven skills that help us have:

**Happier, better behaved kids,  
Happier family relationships,  
Happier marriages, and  
Skills needed to keep our kids drug and alcohol free.**

## Benefits for Children:

- increases social skills and cooperation
- improves school performance
- reduces misconduct and aggression
- reduces depression and anxiety
- dramatically reduces tobacco, alcohol, and other drug use

## Benefits for Parents:

- decreases stress, depression, and substance abuse
- strengthens marital relationship

## Benefits for Families:

- increases family unity
- improves family management and organization
- decreases family conflict

**Interested in starting a SFP DVD Family Discussion Group in your church?**

Contact Katie Schoenhoff at [katie@healthfund.org](mailto:katie@healthfund.org) or visit [www.healthfund.org/strongfams](http://www.healthfund.org/strongfams)