



## NEWS RELEASE

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### **LAST STRENGTHENING FAMILIES PROGRAM OFFERED FOR FY18 BEGINS IN MARCH**

Orange County, VA – With the assistance of grant funding from the Virginia Foundation for Healthy Youth, the Office on Youth will again offer its dynamic program for local families. The Strengthening Families Program will begin on Tuesday, March 6, 2018, and will be held on Tuesday evenings at Lake of the Woods Church for seven (7) weeks.

The Strengthening Families Program is designed for households with youth ages 10-14 and helps family members learn to manage emotions, set goals, avoid peer pressure, make better decisions, and create better relationships. This program takes a whole family approach and involves parents/caregivers and youth for its duration.

This Virginia Foundation for Healthy Youth grant-funded program is not only free to all participants, but provides childcare for younger family members, in addition to a meal each week. Gas station gift cards are also provided to each family in attendance to help cover transportation costs.

Weekly sessions begin with dinner for the entire family, followed by separate parent/caregiver and youth group sessions, and ending with a family session. Many families find the program is a great way to spend time with their child and help them be successful during their teenage years.

Survey results from our recent sessions indicated that 94% of participating youth knew what their parents/caregivers thought they should do about drugs and alcohol “most of the time.” Additionally, 71% of parents/caregivers indicated that they are more likely to follow through with consequences each time their youth breaks a rule, upon completion of the program.

Registration is now open and free to those interested; however, space is limited. For additional information or to register, please contact Ashley Jacobs, Program Coordinator, at (540) 672-5484 or [ajacobs@orangecountyva.gov](mailto:ajacobs@orangecountyva.gov). Information may also be obtained at [www.orangecountyva.gov/strengtheningfamiliesprogram](http://www.orangecountyva.gov/strengtheningfamiliesprogram).

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