



NEWS RELEASE

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ORANGE COUNTY OFFICE ON YOUTH ANNOUNCES NEW DATES AND COORDINATOR FOR STRENGTHENING FAMILIES PROGRAM

Orange County, VA – The Orange County Office on Youth is pleased to announce the next dates for its Strengthening Families Program. Under the direction of new coordinator, Ashley Jacobs, the fourteen (14) week program will be held on Monday's, beginning February 3, 2014. The sessions will be held at Lake of the Woods Church (1 Church Lane, Locust Grove, Virginia 22508).

The Strengthening Families Program has been successfully conducted in Orange County for the past five (5) years. The program uses family systems and cognitive behavioral approaches to increase resilience and reduce risk factors. In addition, the curriculum consists of three (3) life skills courses – parenting skills, youth's social/life skills, and family life skills. Families attend fourteen (14) weekly sessions, beginning with a meal, followed by separate parent and youth group sessions, and ending with a family group session. Personal disclosure is not required and an emphasis is placed on new skills rather than criticizing old skills and past behavior.

The program strives to increase cooperation, social competencies, school grades, parenting knowledge, and skills and efficacy. Other anticipated outcomes include improved family relationships and decreased behavior issues related to aggression, stress, depression, and substance abuse.

Child care is provided for younger family members in addition to an evening meal, door prizes, and gas station gift cards for families attending each session. Registration is now open and free to those interested in the program.

For additional information or to register, please contact Ashley Jacobs, Strengthening Families Program Coordinator, at (540) 672-5484.

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