



## NEWS RELEASE

**For Immediate Release  
September 19, 2016**

For more information, contact:  
Ashley Jacobs  
Program Coordinator  
(540) 672-5484 ext. 1

### **STRENGTHENING FAMILIES PROGRAM OFFERED FOR ORANGE COMMUNITY THIS FALL**

Orange County, VA – With the assistance of grant funding from the Virginia Foundation for Healthy Youth, the Orange County Office on Youth will again offer its dynamic program for local families. The Strengthening Families Program will begin on Tuesday, October 25, 2016, and will be held on Tuesday evenings at Orange Baptist 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 seven-week duration.

This fully 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 their children be successful during their teenage years.

Survey results from our most recent group indicated that 50% of participating youth had an increased ability to get out of doing something suggested by a friend that could get them in trouble. 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 to ten (10) households. 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 can also be obtained by visiting [www.orangecountyva.gov/strengtheningfamiliesprogram](http://www.orangecountyva.gov/strengtheningfamiliesprogram).

#####