



NEWS RELEASE

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ORANGE COUNTY STRENGTHENING FAMILIES PROGRAM SLATED TO BEGIN SEPTEMBER 22nd

Orange County, VA – The Orange County Office on Youth is pleased to announce the next dates for its Strengthening Families Program. The fourteen week program will be held on Monday evenings beginning, September 22, 2014. The sessions will be held at Orange Baptist Church (123 W. Main Street, Orange, Virginia).

The Strengthening Families Program is being conducted for the sixth consecutive year, made possible with funding provided to the Office on Youth by the Virginia Foundation for Healthy Youth. The program uses family systems and cognitive behavioral approaches to increase resilience and reduce risk factors for youth ages 12-16 and their families. The curriculum consists of three life skills courses – parenting skills, youth's social/life skills, and family life skills. Families attend fourteen 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, doorprizes, and gas station gift cards weekly for each family in attendance. 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 or ajacobs@orangecountyva.gov. Information can also be obtained at www.orangecountyva.gov/strengtheningfamiliesprogram.

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