



NEWS RELEASE

**For Immediate Release
January 6, 2015**

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ORANGE COUNTY STRENGTHENING FAMILIES PROGRAM WILL BEGIN IN LOCUST GROVE FEBRUARY 2nd

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, February 2, 2015. The sessions will be held at Lake of the Woods Church (1 Church Lane, Locust Grove, Virginia).

The Strengthening Families Program is perfect for the family with youth ages 12-16 who want to work on communication within the family and help their youth increase resilience to risk factors that may become present. This program takes a whole family approach and involves both parents and youth for its fourteen-week duration. Many families find the program is a great way to spend time with their teen and improve family efficacy.

Understanding the busy lifestyle of today's family, this grant-funded program is free to all participants. Childcare is provided for younger family members, in addition to a meal each Monday. Gas station gift cards are provided to each family in attendance weekly to help cover transportation costs, and door prizes make for a fun ending to our program each evening.

Weekly sessions begin with dinner for the entire family, followed by separate parent and youth group sessions, and ending with a family session. This skills training program does not require personal disclosure and an emphasis is placed on new skills rather than criticizing old skills and past behavior.

Overall, 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. Registration is now open and free to those interested in the program.

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. 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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