

*"In times of test,
family is best."*

~Proverb

STRONG FAMILIES SHINE!

Farnham Family Services invites you and your family to attend our no-cost 15-lesson Strengthening Families Program.

WE LIVE IN TRYING TIMES.

Faced with so many challenges today, what better way to spend our time than building a strong, resilient, and thriving family at home.



Love
+
Hopes
+
Dreams
=
STRONG FAMILIES

STRONG FAMILIES

Reserve a spot for your family in the
Strengthening Families Program today!



Call Farnham Family Services
at (315) 342-4489 or

Email: preventionstaff@farnhaminc.org

SPONSORS

Farnham Family Services • Fulton Consolidated School District • OASAS
Oswego City - County Youth Bureau • Oswego County Opportunities
Oswego County United Way • SAMSHA

**STRENGTHENING
FAMILIES
PROGRAM**

HOSTED BY



"A happy family is but an earlier heaven." ~ George Bernard Shaw



STRENGTHENING FAMILIES PROGRAM

Farnham Family Services invites you and your family to attend our no-cost 15-lesson Strengthening Families Program.

Held conveniently in the evenings, the SFP equips families with knowledge, insights, and tools to shine at home, in school, and in the community.

It is a masterclass in thriving.

SIGN UP TODAY!



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at (315) 342-4489 or
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SFP: WHERE STRONG FAMILIES SHINE!

Through weekly workshops, group discussions, and family fun activities, parents and kids enrolled in the Strengthening Families Program improve:

- Communication
- Relationships
- Resilience
- Problem solving
- Peer resistance
- Emotional intelligence
- Confidence
- Coping skills
- School performance
- Healthy lifestyles
- Family dynamics
- Bonds - and more!