

Strengthening Families Program

The Strengthening Families Program (SFP) is an evidence-based family skills training program for all families that is recognized both nationally and internationally. Parents and youth attend weekly SFP skills classes together, parents learn positive nurturing skills, and youth learn prosocial life skills.

SFP is for all families – not just at-risk families. SFP emphasizes parenting skills of Bonding, setting Boundaries, and Monitoring, and is designed for all parents who need to improve family relationships and develop a family prevention program to keep their kids safe from alcohol and drug use. Which increases capacities for emotional regulation, self-expression, and behavioral control through skills training, SFP diminishes aggression, delinquency, and anti-sociality.

Youth Ages 10-17

Location: 830 East Main St. in Vernal or at the Northeastern Counseling building 285 W 800 S in Roosevelt. We can also accommodate an individual in-home course for those families that might have scheduling conflicts.

Contact us at Split Mountain Youth Center at 435-789-2045 and ask for Damon, Mark, or Amanda with Youth Services.