



Take part in a FREE 8-week Family Life Education Course with the **UVU STRONGER FAMILIES PROJECT**

Build On Your Family's Strengths & Values!

Using an **evidence-based, nationally-recognized curriculum**, we teach both parents and children how to improve their interaction and emotional patterns within the family.

In-person sessions will be delivered at locations in Utah County.

Classes begin the week of Sept. 18th and are held one evening per week through Nov. 16th

Classes are for the entire family.

Sessions fill up quickly and space in the program is limited.

Fall Sessions:	Covered Topics:
<p>Tuesday Night: Orem Jr. High 650 W. Jaguar Ave., Orem 6:30-8:00 pm</p> <p>Thursday Night: UVU Campus SFP Bldg. 1140 S. 400 W., Orem 6:30-8:00 pm</p>	<ul style="list-style-type: none">• Healthy Patterns of Communication• Family Interpersonal Skills• Conflict Resolution• Emotional & Mental Health• Positive Discipline• Problem Solving• Goal Setting and Achievement• Anger Management• Establishing Family Values

Apply at: <https://www.uvu.edu/sfp/apply/>

strongerfamilies@uvu.edu • 801.863.7235 • www.uvu.edu/sfp

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