

# Strengthening Families Program



**Start Date:** Tuesday March 7, 2017

**End Date:** Tuesday May 23, 2017.

**Time:** 6 p.m.- 8 p.m.

**Location:** Julian Middle School

416 S Ridgeland Ave. Oak Park, IL

You Will Learn...

- Effective Parenting Skills
- Healthy Communication
- How to Resolve Conflicts
- Stress Management Skills
- How to Set Limits

- ◆ Participate in a 11 WEEK program with your entire family.
- ◆ A complete meal is provided.
- ◆ Childcare and transportation is available if needed.
- ◆ **At no cost to families that reside in Oak Park**

**CALL TO REGISTER:**

**708.410.0615**

**(Please mention SFP in  
Oak Park)**



**Community Mental Health Board  
of Oak Park Township**