



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 various locations in Utah County.

Classes begin the week of January 30th and are held one evening per week through Mar. 30th

Except for the Parent-Only, all other classes are for the entire family. Sessions fill up quickly and space in the program is limited.

Spring Sessions:	Covered Topics:
<p>Tuesday Night: Orem Jr. High 6:30-8:00 pm *Whole Family</p> <p>Tuesday Night: UVU Campus SFP House 6:30-8:00 pm *Parent Only Spanish <small>Newborns to 1-year-olds may stay with parents and 1-6-year-olds may attend a free educational childcare classroom during this time.</small></p> <p>Thursday Night: Early Learning Essentials 6:30-8:00 pm *Whole Family, only for families enrolled with ELE</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/>