



Take part in a FREE 9-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 across Utah County and a virtual Parents-Only Session available to those living within the state of Utah.

Classes begin the week of February 8th and are held one evening per week through Apr. 21st

Except for the Virtual Parents Only class, all others 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 <i>*Spanish Session</i></p> <p>Tuesday Night: Parents Only 6:30-8:00 pm <i>*Virtual English Session</i></p> <p>Thursday Night: Vista Heights 6:30-8:00 pm <i>*English Session</i></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

Register at: <https://www.uvu.edu/sfp/register.php>

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