



Southern Ute Strengthening Families Health Program



Southern Ute Family Court Support Office & Shining Mountain Diabetes Program

The Strengthening Families Health Program teaches skills that focus on your family's physical and emotional wellness. SFHP promotes closer relationships, effective communication, empathy and understanding, healthy nutrition, fitness, and family recreation. Learn family skills from caring and experienced trainers, in a supportive educational setting. Please join us for lots of learning and fun for the whole family!

Benefits for Teens & Kids...

- Learn how to resist negative peer pressure.
- Develop personal goals and know how to make them happen.
- Have fun playing fitness games and activities with your family.

For Parents...

- Learn how to set limits and use appropriate discipline.
- Increase enjoyable and positive time with your children & teens.
- Improve coping skills and stress management.

and Families !

- Nurture your family's physical and emotional well being.
- Build closer relationships among family members.
- Communicate and foster your family's values and traditions.



WHO

Families with teens and younger children. All family members are welcome.

WHAT

**Strengthening Families
Health Program**

**Dinner and childcare provided!
Skills groups for Parents, Teens,
and Children.**

WHEN

**Tuesday eves., 5:30-8:30 pm,
January 26th - April 20, 2010**

WHERE

**SunUte Community Center
290 Mouache Circle**

CALL TO REGISTER

563-0240, ext. 3255