

DEAR CHURCH FAMILIES OF THE LONG ISLAND EAST DISTRICT:



We are now able to implement a drug prevention program in our churches.

And it works extremely well—better than many other prevention programs.

It's called the **Strengthening Families Program**. SFP has been around for over 30 years and has been implemented in 38 countries.

More recently, SFP has created an easy-to-implement version of the program: The SFP DVD Family Discussion Group format.

Our families from the church, as well as families from the community, come together once a week. We watch the fun and inspiring DVD, practicing easy, research-proven skills that help us have:

**Happier, better behaved kids,
Happier family relationships,
Happier marriages, and
Skills needed to help keep our kids drug and alcohol free.**

Benefits often seen in Children:

- increases social skills and cooperation
- improves school performance
- reduces misconduct and aggression
- reduces depression and anxiety
- dramatically reduces tobacco, alcohol, and other drug use

Benefits often seen in Parents:

- decreases stress, depression, and substance abuse
- strengthens child/parent relationship

Benefits often seen in Families:

- increases family unity
- improves family management and organization
- decreases family conflict



Offered by The
Long Island East
District's *Opioid*
Epidemic Task
Force



Interested in starting a SFP DVD Family Discussion Group in your church?

Training for discussion facilitators:
Camp Quinipet, Shelter Island, NY

Friday, January 19 (6pm arrival) – Saturday, January 20 (5pm departure)
\$15 per person (includes housing, meals, & DVD for each church)

Space is limited to 10 teams: two people from each church!

To register, please send a check to the District Office (357 MacArthur Blvd., Hauppauge, NY 11788), along with your name, address, phone #, email and church name by January 7th.