

Comments from Wisconsin Families

Parent/Caregiver comments:

"It really made me take a look at myself and how I react. It has helped to calm myself when I see myself start to react a certain way."

"I find that the more I can remove the anger that I'm feeling from the situation, the more productive the solution becomes."

"Learning how to stay calm and be present was huge."

Youth participants comments:

"I would soooo recommend this to people!"

"It's one of the most fun things I've done in a while!"

"We (our family) are listening to each other more."



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MSFP 10-14 Background

The Mindfulness-enhanced Strengthening Families Program: For Parents and Youth 10-14 is based on a proven program (Strengthening Families Program for Parents and Youth 10-14) developed in Iowa and implemented across the US and around the world.

MSFP10-14 has been shown to improve parenting practices, delay and reduce substance use in teens, reduce destructive and aggressive conduct in teens, improve parent-youth relationships, and increase parent well-being!



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Mindfulness-Enhanced
Strengthening Families Program 10-14

Strengthening Wisconsin Families with Mindfulness



What is the Mindfulness-Enhanced Strengthening Families Program?

MSFP 10-14 is a free, seven week family strengthening program for all early teens (ages 10-14) and their parent(s) or caregiver(s).

MSFP Focus on positive skills:

- * Understanding normal youth development
- * Effective communication
- * Recognizing and handling stress
- * Setting and reaching goals
- * Appreciating family members
- * Families and peer pressure

Program Activities

- * Meet for 2 ½ hours each week
- * Start with a free meal for all family members

Develop skills in group sessions

- * Part I: Separate parent/caregiver and youth groups
 - * Part II: Parents/caregivers and youth come together for fun family activities and skill development
- * **Childcare for younger siblings is available.**

What are the benefits of MSFP 10-14?

For Parents and Caregivers:

- * Reduction of family stress with use of mindfulness techniques
- * Improved communication and effective parenting strategies for the teen years
- * Increased balance of setting limits and showing love

For Youth:

- * Improved management of feelings and stress
- * Improved communication and appreciation of parents and caregivers
- * Increased knowledge and use of peer pressure resistance skills

For the Community:

- * Decreased problem behaviors in teens
- * Reduced teen alcohol and drug use
- * Increased positive parenting and family relationships



Frequently Asked Questions (FAQ's)

Is this a counseling program?

No, the goal of MSFP 10-14 is to help families build upon their existing skills and learn new ones that strengthen overall family relationships. No one is asked to talk about feelings or other matters they consider private.

I don't have any problems with my youth. Will I get anything out of this?

Yes! This program was designed to benefit all families with pre and early teen family members. Research shows that all families learn valuable skills and strategies to strengthen family bonds and improve family relationships. The skills that parents and youth learn help families successfully navigate the normal challenges of the teenage years.

Is MSFP 10-14 for all families?

Yes! Any type of family can attend. We have had single moms, single dads, remarried parents, parents going through divorce, foster parents, grandparents, and guardian siblings all participate in our program.