Have fun while learning to help your family grow stronger

- Discover your strengths
- Build a stronger relationship with your family
- Communicate better as a family
- Manage stress and everyday demands
- Enjoy spending time together
- Meet other parents and families and have fun learning and sharing ideas

Families who recognize they have strengths are better able to support each other, get through stressful times and are happier together.
What families say after attending the program:

“I can help my family now. My dad overslept one morning and I helped him find his shoes so he wouldn’t be late to work.”
– a youth

“We all sit down to eat together now and talk to each other more.”
– a mom

“The program has helped me realize what is important.”
– a dad

“This is a terrific program. It’s one of our favorites. We always look forward to coming.”
– a family

The program is available for adults, children (age 5-12), or adults and children together

For more info, extension.missouri.edu/bsf or contact:

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