

BSF Covers

Adult Modules:

Family Strengths
Communicating
Managing Stress
Child Self-Care
Food and Fitness

Working

Setting Goals

Positive Discipline

Money Matters

Balancing Responsibilities

Consumer Beware

Healthy House

Kids and Self-Esteem

Youth Modules:

Family Strengths

Communicating

Managing Stress

Balancing Responsibilities

Self-Esteem

Food and Fitness

Healthy Home

Who should attend the BSF Training?

Anyone who offers educational workshops and programs to families.

For more information contact:

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Building Strong Families is provided by University of Missouri Extension. Building Strong Families for Youth is a joint effort by Human Environmental Sciences Extension and 4-H.

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Building Strong Families

Challenges and Choices



Facilitator Training

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Building Strong Families

Challenges and Choices

Facilitator Training

Become a certified Building Strong Families (BSF) Facilitator. After this training, you can coordinate and teach the BSF program series.*

Training provides:

- Curriculum content information
- Facilitation skills training and practice
- Marketing and programming ideas
- Networking opportunities

Each participant takes home:

- BSF Facilitator's manual(s)
- One activity bag
- Marketing information
- Evaluation guidelines

**You may not certify others to facilitate the program. You must attend all applicable sessions (adult and/or youth) to become a certified BSF facilitator.*

Building Strong Families

Helps families find their strengths and build on them, improve relationships, learn and practice life skills and increase positive communication.

Covers 13 topics and uses hands-on activities to involve participants.

- Provides fast-paced, interactive sessions
- Helps families learn from each other
- Makes goal setting fun

BSF uses:

- A multi-session format
- Flexible programming
- Community partnerships
- Programs for adults and youth (ages 5 to 12)



Training Information

Dates: October 28, 29 and 30, 2009

BSF for Adults

Oct 28 – 9:00 a.m. to 3:30 p.m.

Oct 29 – 9:00 a.m. to 2:00 p.m.

BSF for Youth

Oct 29 – 2:15 p.m. to 4:30 p.m.

Oct 30 – 8:00 a.m. to 12:00 noon

Location: Columbia, MO

Cost per person:

Adult Series Only – \$135

Youth Series Only - \$85
(must already be certified to attend the youth only)

Adult & Youth Series – \$220

Registration does not include lodging, travel and meals.

Complete the enclosed registration form with a check made payable to University of Missouri. Mail to Lucy Schrader, 162 Stanley Hall, Columbia, MO 65211.