

The Impact of Your Gift



UVU Stronger Families Project (SFP) Mission: Elevate the family as the fundamental source of happiness and well-being by teaching parents, teens, and children how to improve their interactions and emotional patterns within the family.

In this empowering community program made possible by your donation, UVU student interns use an evidence-based, nationally recognized curriculum to teach parents and children how to improve their interactions and emotional patterns within their families. Classes are offered for free to the community every fall and spring semesters one night a week for 8 consecutive weeks. Interns teach breakout classes to children, teens, and parents, followed by a combined family class. Each family is assigned a student intern liaison who provides personalized mid-week coaching and goal follow-up via phone and email. Families also receive a free workbook, case management, and graduation recognition.

Since 2008, we have partnered with the Alpine School District as well as several other social services and professional agencies to offer the best services possible to enrolled families. We now offer several variations of the class format, including English and Spanish family classes, English and Spanish parent-only classes, and virtual classes. All course information has been translated into Spanish and updated with cultural relevance in mind for participating Latinx families.

In addition to supporting families in our community, your donation enables our student interns to receive high quality practicum supervision and training from faculty and staff, achieve excellence in their professional development, and document more than 150 hours toward their Certified Family Life Education certification after graduation, all while representing UVU as some of the best and brightest community engaged students in Utah.

"Our family went through a really traumatizing year last year and we were needing something to help us refocus and reunify. This program has been perfect for that. It has helped us work through some of the difficulty of last year, and we are such a stronger family now. This program has been such a blessing."

-Past Program Participant

Celebrating 15 Years

1,075

Families Served

161,000

Dollars Donated

154,340

Hours Committed



What the Research Says about UVU's SFP

A before and after assessment of the families participating in the Spring 2023 program showed statistically and practically significant improvement from pre-program to post-program across five key measures:



General Family
Functioning



Communication
Speaking



Problem
Solving



Stress and
Change



Couple Skills

The Stronger Families Project relies on local donors.

"My experience with the Stronger Families Project was transformative for me. As I coached families and parents, it was humbling to watch them make connections with the material, hear them share vulnerable stories, and experience their gratitude for what the program brought to their lives. I also had the opportunity to develop friendships and find mentors while serving in the program. This program provided an essential experience that prepared me to continue my training in graduate school. I am deeply grateful for this opportunity and hope to see this program continue for years to come."

-Erin Woods, Spring 2021 Intern

"We loved the special attention and enthusiasm that our family liaison gave us. She was absolutely committed to our progress. The object lessons, videos, and ideas were memorable and fun. We also loved getting to know the other families and the trust they showed us by opening up and sharing."

-Past Program Participant

