

**Middle school years are a time of big change for all kids and their families.**

New opportunities. New relationships. New challenges. New worries. It's easy for families to get disconnected as kids grow and other demands pull families apart.

In reality, there is little evidence that families have lost their power in the lives of children and youth—even though we know many families face major challenges.

Research shows that the way relationships form and develop in families has a tremendous influence on how young people grow up. **Families matter for virtually every child and youth outcome.**

*Keep Connected* is a research-based program from Search Institute that gives parents and youth an opportunity to learn about keys to positive family relationships during the transition to adolescence. Parents and youth come together to learn new ways to stay connected, even as kids grow up and become more independent.

*“What was very helpful was the way that it led me to think about my actions more.”*  
-Youth, Washington, D.C.

Sandusky County Keep Connected will be held at Camp Fire Sandusky County and other area locations as needed. This research based program hosted by nationally trained facilitators for Teens and Parents to reconnect!

The Keep Connected program is conveniently packaged to be held on Saturday and Sunday. One weekend for a lifetime of connection!

Nov 6 10am-7pm & Nov 7, 1-7pm  
at Camp Fire Sandusky County

Feb 26 10am-7pm & Feb 27, 1-7pm  
Location TBD based on County need

March 14 10am-7pm & March 15, 1-7pm  
Location TBD based on County need

May 14 10am-7pm & May 15, 1-7pm  
Location TBD based on County need

Pre-Registration is required, and can be found on our website:  
[www.campfiresc.org](http://www.campfiresc.org)

A \$25 fee is required to be paid prior to participation. Each Family will be gifted a \$20 gift card upon attendance and participation in an entire weekend session.



# Keep Connected Through Big Changes





## What is Keep Connected?

*Keep Connected* is designed to strengthen family engagement, learn keys to positive family relationships and try new ways to stay connected as kids grow up. It is for families of teens and pre-teens between the ages of 10 to 14.

Many programs look at what's wrong with families. *Keep Connected* starts with a family's strengths to build on what they're already doing right.

The *Keep Connected* workshops include time for:

- Parents to explore challenges and strategies with other parenting adults
- Youth to explore family relationships with other youth
- Parents and youth to explore their relationships together
- Strategies and tools to connect and build trust with their families

*"Every game we played was really fun!"*  
-Youth, Austin, MN

All kinds of families will feel welcomed to **Keep Connected**. "Parents" may include grandparents, foster parents or other family members who are responsible for raising children.

## Why Middle School?

Through Search Institute's research, we know that strong family relationships not only help kids through the transition from childhood into adolescence, they also boost motivation to learn, achievement, and well-being. These relationships build strong social and emotional strengths that kids will tap into throughout their lives.



*"I think it gave [my child] and I a fresh start. I think it was more so like—when we started over, it was like a strong foundation. It gave us something to build off of, you know...I think the program helped us to start over."*

- Parent, Durham, NC

## A Typical Session

*Keep Connected* is designed for six sessions, plus a graduation celebration in the last session.

Parents and youth arrive and meet together for a shared meal. Following the meal, parents and youth split up into separate groups to discuss the topic for the day with facilitators. At the end, both youth and parents come together for a final shared session.

The sessions include a mix of learning, sharing and activities for parents and middle-schoolers to work on separately, and for parents and youth to do together.

Between sessions, families engage in simple and fun at-home activities that help them apply key ideas from each session.

### Find Out More:

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