

NATIONAL RECOGNITION *for* FAST®

FAST is recognized as a model program by the United Nations, as well as the National Registry of Evidence-Based Programs and Practices of the U.S. Substance Abuse and Mental Health Services Administration, and the U.S. Office of Juvenile Justice and Delinquency Prevention.

Funding Partners

These partners support your school's **FAST®** Program through a special grant from the U.S. Department of Education:



WISCONSIN



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My School's FAST® Contact

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2014–2015

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FAST



Families & Schools TOGETHER®

for K–1
Students & Families



PHILLY 

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Parent Tonni D. says —

Because of FAST...I no longer view myself as a single mother with questions about the future. I am a mother of four amazing children. I have the skills and knowledge to overcome many obstacles with confidence and a smile, and I have a network of people that I can go to for support.



*For over **10** years
in Philadelphia,*

FAST® has helped children to grow more confident in their abilities—
and to make more thoughtful choices—
at home and at school.

*For over **25** years
around the world,*

FAST® has been recognized for helping kids build skills, improve school-family relationships, prevent substance abuse, and more.



Why Attend FAST? *Everyone Gains!*

- You and your child(ren) will try new activities and enjoy a shared (free) meal.
- Your child will feel more at ease at school by spending time there with you.
- You will enlarge your friendship network.
- With other parents, you will discover new ways to build your child(ren)'s confidence.

EXAMPLE FAST SESSION

Week 1

HOUR 1:

You and your family design a family flag with provided supplies. It shows your family's special personality and interests.

Plus, you enjoy a meal together!

HOUR 2:

Adults go to **Parent Time**. No children or school staff are present. You and other parents have a chance to share ideas, experiences, or concerns. *It is a strict rule that parents protect each other's privacy.*

Your child(ren) goes to **Kids Time**. A team member (usually a teacher) and a recreation coordinator lead kids in organized games, reading, arts and crafts, or homework.



Where and When?

Families meet once a week for 8 weeks at your child's school. Families who attend regularly will "graduate" and receive a special certificate.

Who Leads FAST?

- Parent FAST graduates
- Teachers or school members
- Recreation coordinators
- Community partners, such as *Turning Points for Children* staff members

What Happens at FAST?

A lot! Activities seem playful, but all work to strengthen relationships.

Hour 1 You enjoy a free meal and activity.

Hour 2 Parents meet, while children enjoy supervised play or school-related activities.

A Lottery is held every week, and a family will take home a basket of items, plus money to prepare a meal for fellow participants.

"Everyone gives. Everyone receives."