

Strengthening Families Subgrant Application

Title II Formula Grant
South Dakota Department of Corrections
APPLICATION DUE: June 18, 2026

Applicants with original signatures must be **submitted and received** by the Department of Corrections by the close of business on **June 18, 2026**. Faxed and emailed applications will not be accepted. Submit complete applications to:

RECEIVED
JUN 18 2026
DEPT. OF CORRECTIONS

John Stewart
Department of Corrections
3200 East Highway 34
Pierre, SD 57501-5070

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DEPT. OF CORRECTIONS

Funding under this application is non-competitive and not guaranteed to each applicant. Each application narrative and budget must be approved by both the SD Department of Corrections and the Council of Juvenile Services. If approved, the application content will be presented to the Office of Juvenile Justice and Delinquency Prevention for their approval of any addition of program purpose areas that may be needed to support the approved plan.

SECTION 1. APPLICANT INFORMATION

Applicant: Lutheran Social Services of South Dakota		
Address: 705 E. 41 st St., Ste. 200		
City/State/Zip: Sioux Falls, SD 57105-6048	Phone: 605-444-7530	Fax: 605-444-7540
Email: Amy.Witt@LssSD.org	Federal Employer or Payee Identification Number (FEIN): 46-0224731	
Project Director Name: Staci Jonson		Title: Vice President, Program Operations
Agency: Lutheran Social Services of South Dakota	Address: 705 E. 41 st St., Ste. 200	
City/State/Zip: Sioux Falls, SD 57105-6048	Phone: 605-389-8468	Fax: 605-444-7540
Email: Staci.Jonson@LssSD.org		
Please indicate the name of the service(s) implemented: Strengthening Families group facilitation with parents and children		
Project Title:	Strengthening Families Program	
Requested Project Period:	July 1, 2026 – June 30, 2027	

SECTION 2. PROJECT BUDGET

The Council of Juvenile Services will award or not award funding based the extent to which program design addresses a recognized need and whether the proposal is financially responsible and efficient. Funds will be paid through a reimbursement process for items specifically outlined and approved in the application.

Applicants may apply for up to \$66,500.

Non-supplanting Requirements: Funds or other resources of the applicant normally devoted to programs and activities designed to meet the needs of criminal justice will not be diminished in any way as a result of a grant award of federal funds. The project for which assistance is being requested will be in addition to, and not a substitute for, criminal justice services previously provided without federal assistance.

A. Personnel	TOTAL
SFP Supervisor and Facilitators Compensation	\$32,000
<i>Employee Fringe Benefits</i>	\$7,500
TOTAL	\$39,500
B. Contracted Services	TOTAL
Interpreters – for 2 sessions	\$4,200
Facilitator Training	\$4,200
TOTAL	\$8,400
C. Travel and Per Diem	TOTAL
	\$
TOTAL	\$
D. Equipment	TOTAL
TOTAL	\$
E. Operating Expenses	TOTAL
Occupancy	\$2,300
Materials/Supplies/Meals for Families	\$8,000
Evaluation	\$1,000
Indirect Cost	\$7,281.60
TOTAL	\$18,581.60
Total Project Budget -- Combined totals for all columns	\$66,481.60

NOTE: If there is a change in the above budget, programs will need to request an amendment to their budget. All amendments must be requested in writing **prior to the expenditure of funds.**

SECTION 3. BUDGET NARRATIVE

In the space provided, explain the relationship between budgeted items listed in Section 2 and project activities. Include information (data and criteria) as to how you arrived at budget estimates. Discuss all items by category and in full.		
Personnel Narrative - Explain how the compensation and expenses were calculated, duties of the position, and any other information about personnel of the project. If proposed funding covers more than one position, you must identify the duties and estimated percent of time for duties that directly relate to the successful implementation of the program(s).		
Position #1:	SFP Curriculum Facilitators	
Justification for the position :	The SFP Facilitators are trained to implement the evidence based Strengthening Families Program curriculum. The facilitators plan and lead SFP sessions, engage families, and document attendance and participation.	
If the position is existing staff , explain how duties associated with this award are outside the current scope of their position and a provide a plan explaining how all duties associated with the position will continue to be provided and funded during this award:	All SFP facilitators are employed in other LSS program areas. Facilitating SFP is different and separate from their other employment. All staff time dedicated to SFP planning and facilitation is coded to a specific SFP code for tracking purposes.	
Personnel Responsibilities & Duties <i>(must directly relate to the implementation of the program)</i>		Estimated % Time
1. SFP Facilitators		100%
2.		
3.		
4.		
Wage/Salary:		
Benefits:		
Position #2:	SFP Supervisor	
Justification for the position :	The SFP Supervisor engages community partners, distributes fliers and information about SFP sessions, accepts SFP referrals, manages the initial intake and engagement with families, schedules SFP sessions, and assists the SFP facilitators in planning the SFP sessions.	
If the position is existing staff , explain how duties associated with this award are outside the current scope of their position and a provide a plan explaining how all duties associated with the position will continue to be provided and funded during this award:	The SFP supervisor is an existing LSS staff member. Providing the supervisor duties for SFP is different and separate then their existing duties. All work time dedicated to SFP is tracked separately using a specific time card code for SFP.	
Personnel Responsibilities & Duties <i>(must directly relate to the implementation of the program)</i>		Estimated % Time
1. SFP Supervisor		20%
2.		
3.		
4.		
Wage/Salary:		
Benefits:		

Please attach additional sheets for more than 2 positions

SECTION 3. BUDGET NARRATIVE CONTINUED

Contracted Services Narrative - Explain the consultant fees, consultant expenses, contracted services, the cost per service/per youth being served, how the cost for services was calculated, and the process that would be or has been conducted to select the consultant. **Contracted services fees cannot exceed \$650 per day.**

Consultant #1: Interpreter Services

Consultant Fees: Interpreter costs (estimated for two full sessions): \$4,200 (70 hours @ \$60/hour)
This cost is separate from the per family rate.

Contracted Service: Provide interpreter service for participating families

Selection Process:

Consultant #2: New Facilitator Training

Consultant Fees: Strengthening Families Program Trainer: \$4500. This cost is separate from the per family rate.

Contracted Service: Virtual Training for LSS staff taught by SFP certified trainers

Selection Process:

Travel and Per Diem Narrative – Explain the calculation of travel costs for travel **outside the home jurisdiction**, (travel must be calculated at current state rates (\$0.70 per mile and \$40 per diem)), how the expenses are directly related to the implementation of the project, and if out-of-state travel is anticipated, give particulars (i.e., location, state, dates, purpose, cost).

Purpose of Travel: Travel expenses are included in the per session per family rate.

[Mileage] x \$0.70 =

[Number of Travel Days for per diem] x \$40.00 =

Purpose of Travel:

[Mileage] x \$0.70 =

[Number of Travel Days for per diem] x \$40.00 =

Equipment and Operating Expenses Narrative – Explain the supplies and equipment costs directly related to the implementation of the program or project. You must be specific regarding the items in which you intend to use federal funding. For example, a budget item of “office expenses” will not be accepted as these items must be detailed. You need to identify what you anticipate for office expenses and list each item and the estimated costs. Items not specifically outlined will not be eligible for reimbursement.

Equipment – List nonexpendable items that are to be purchased and show how you calculated these costs. Nonexpendable equipment is tangible property having a useful life of more than 2 years.

Equipment expenses are included in the per session per family rate.

Operating Expenses – List items by type (office supplies, postage, training materials, copying paper, and expendable equipment) and show how you calculated these costs. Generally, supplies include any materials that are expendable or consumed during the course of the project.

Operating expenses are included in the per session per family rate.

Indirect rate of 12.3% - \$7281.60(The indirect rate is not applied to Contracted Services.)

SECTION 6. SIGNATURES

The officials who certify this document agree to adhere to all terms and conditions relating to this application. Duplication of responsibilities by one individual for any position listed below is NOT acceptable.

Original Signatures are Required		
County Commission Chair		
Name	Title	
Address	City/State/Zip	
E-mail	Phone	Fax
Signature	Date	
B. Project Director		
Name: Staci Jonson	Title: Vice President, Program Operations	
Address: 705 E 41 st St, Suite 200	City/State/Zip: Sioux Falls, SD 57103	
E-mail: Staci.Jonson@LssSD.org	Phone: 605-389-8468	Fax: 605-444-7540
Signature 	Date 6.15.2026	
C. Financial Officer		
Name Nathan Beyer	Title: Vice President, Finance & Support Services	
Address 705 E. 41 st Street, Suite 200	City/State/Zip: Sioux Falls, SD 57103	
E-mail: Nathan.Beyer@LssSD.org	Phone: 605-444-7508	Fax: 605-444-7540
Signature 	Date 6/17/26	
D. Other Official		
Name	Title	
Address	City/State/Zip	
E-mail	Phone	Fax
Signature	Date	

SECTION 7. ATTACHMENTS

Description of Attachments – Identify and describe the significance of all additional materials you include as attachments. Please limit additional materials to items such as program effectiveness documentation; pertinent letters of support or commitment; research documentation; resource documentation; and any other materials. Attach all additional documents following this page.

Attachment 1
Letter of Support from Falls Academy
Attachment 2
Letter of Support from Habitat For Humanity
Attachment 3
SFP Impact Story
Attachment 4
SFP Client Stories and Testimonial Quotes
Attachment 5
Attachment 6

ENCLOSE RELEVANT ATTACHMENTS AFTER THIS PAGE



Strengthening Individuals,
Families & Communities

Strengthening Families Application Narrative

A proposal to the South Dakota Department of Corrections
from Lutheran Social Services of South Dakota (Sioux Falls)

Due June 18, 2026

SECTION 4. APPLICATION NARRATIVE

Project Abstract and Demonstration of Need

In 2025, South Dakota law enforcement agencies reported nearly 3,300 juvenile arrests. This volume of delinquency has negative impacts on the family and on the availability of state resources. According to an article from the National Library of Medicine, meta-analysis of over 70 articles about parenting and delinquency showed the best predictors of delinquency and problem behavior included lack of parental supervision, parental rejection and parent-child involvement. SFP has been shown to improve family functioning and relational health between parents and children, thus leading to a significant reduction of problem behaviors, delinquency, and alcohol and drug abuse in children; improve children's social competencies and school performance; and reduce child maltreatment.

"Strengthening Families" Program (SFP) is an evidence-based early intervention program that involves parents, teens, and children in learning and practicing positive interactions, communication, and effective discipline. The group curriculum lasts 11 weeks. The structure of each session includes a group meal with all participating families, followed by instruction and discussion divided by family role - parents, teens, and children. Each group learns about a new skill that will contribute to healthy family function and then comes back together to practice their new skill. LSS plans to offer three 11-week SFP group per year that can serve up to 8 families per group; however, historically attendance has been 3-4 participating families.

Community Readiness

Since 2023, when LSS implemented the first SFP groups in Sioux Falls, we have worked to share information and make connections with community partners and increase referral sources to the program. A flyer is available that shares information about the Strengthening Families Program with referral sources and in the community and there is information on the LSS website for families to learn about and connect with SFP. The primary source of referrals have come from the Department of Corrections, but also have community referrals made by the courts/judicial orders, Southeastern Behavioral Health, Habitat for Humanity, self-referrals and other LSS programs including Arise Youth Center – East, CARES Wraparound and PATH. LSS has a strong history of partnership with the Sioux Falls School District through our other youth work. Currently, the school district serves as a referral source for families who could benefit from participating in SFP.

From a community perspective, some barriers to change are the stigma that accompanies parents/families that need skills training and raising the level of awareness of the program among community partners. Increasing program understanding will increase the number of people who are aware of and informed about SFP groups. From an individual family perspective, two primary barriers to change are transportation difficulties and the three-month time commitment. In order to address these barriers we have worked to schedule groups at times that work well for the families. We are offering the group on various days and various times throughout the year to provide multiple schedule options for families. We work with families and community resources to identify services and supports that can reduce barriers to participation. We also provide individual family makeup sessions if needed for a family who misses a group session. While LSS strives to reduce barriers to SFP participation, we recognize

that solutions to these family issues are often best resolved when community partners can work together, thus increasing the readiness of the community for SFP. The SFP team is developing new methods of assessing the needs of families referred to SFP and working to connect families to additional resources that can meet the additional needs families may be experiencing. We hope this additional work around resource connection and barrier reduction will increase overall attendance at SFP.

Alignment with South Dakota JDAI Implementation

The Strengthening Families Program (SFP) has a strong alignment with JDAI values. With JDAI's emphasis on identifying the least restrictive next step while working to help the right youth at the right time, SFP allows for corrective instruction in an environment that provides a low-pressure and low-stress environment that can improve family function and lower the risk of first-time or repeated delinquency. Increasing family health while decreasing juvenile delinquency has a positive impact on overall public safety.

LSS serves all people and meets them where they are. This includes looking for ways to promote SFP among at-risk families within the school district or immigrant parents that may face difficulty in acclimating to a new culture at the same rate as their children. This intentional effort to serve all families provides an opportunity for SFP to be available to families regardless of race and ethnicity. Parents that are equipped to foster healthy interactions and youth that are empowered to hold productive conversations reduce the likelihood that the family will become involved with the juvenile justice system. This reduced probability diminishes the potential for disparities that exist within the system.

Since LSS has already implemented SFP, integrating existing staff resources assists us in streamlining the process. We are able to provide SFP facilitator training while maximizing staff expertise, which allows our SFP groups to be efficiently coordinated as well as led by knowledgeable staff.

Our regular practice is to give participating families a retrospective post-class survey at the conclusion of the group. The results from the pre- and post-surveys are collected and then used to determine whether goals and outcomes have been met and whether staff facilitators are effective in meeting needs of the families. We continue to place a high value on feedback as a way to refine and improve our delivery of services.

In addition, SFP fulfills JDAI's value on collaboration. This collaboration includes partnering with the multiple state agencies, local school districts and other community partners that are identified for potential referrals or needed resources and services.

LSS does not capture RAI data for Minnehaha County. We only submit data associated with shelter care and Evening Report Center.

Strategy for Implementation

LSS first implemented SFP in the Sioux Falls area using CJS funds in 2023. At that time, 19 staff from multiple existing LSS programs completed the Strengthening Families curriculum. In 2024, LSS also received a grant that enabled us to continue SFP groups in Sioux Falls, as well as train additional LSS staff to be SFP group facilitators. Since that time, LSS has held ten 11-week Strengthening Families groups.

Sixteen families attended at least one session of SFP during FY26, with seven families completing the full SFP course during the fiscal year. The SFP team continues to work on family engagement and reducing barriers to family attendance. Our plan is to provide three 11-week SFP groups during FY2027. We estimate that these three sessions will reach at least 12 families.

As we work to increase knowledge and community readiness for this program, we will focus on elevating our vision to ensure everyone in South Dakota is “healthy, safe and accepted.” We will invite collaboration from community partners in order to promote awareness of SFP and build up referral sources. To generate buy-in, we will also find appropriate ways to share stories of family success with donors and stakeholders. Included in the attachments are several stories about the importance and impact of SFP.

A primary resource for implementing SFP continues to be the training and expertise of LSS staff. Our wide scope of services allow us access to clients who can benefit from SFP. Program staff across multiple programs provide referrals and/or are trained to facilitate SFP, including Behavioral Health, Arise Youth Center – East, Post Adoption, Kinship, CARES Wraparound and Center for New Americans. Additionally, LSS staff continue to work with the Department of Corrections and other referral sources to identify potential families to participate in SFP groups. We also have a direct SFP referral email that can be used by providers to send referrals or families who self-refer.

As stated above, LSS plans to facilitate three groups in FY2027. While each group could include

up to 8 families, based on referral trends and current group attendance, we are planning an average of 4 families per group. Each group requires 5-6 staff to facilitate the curriculum to fidelity.

LSS has in-house supervision that ensures that the implementation of SFP runs smoothly for staff and participants. This position schedules each 11-week group, coordinates staff for each session, and assists with processing all referrals (be it by phone or email). This centralized administration allows for effective coordination and execution of implementation.

In order to sustain and expand SFP, the LSS philanthropy team works to secure funding from a variety of sources, including individual donors and organizations. Donations and grants will allow us to continue this work in serving families.

Project Performance Measures and Evaluation

The Strengthening Families curriculum uses a retrospective pre- and post-survey evaluation instrument. Parents along with each youth who attends the group complete the survey. The survey includes 10 demographic questions and 45 survey questions. Survey data gathered from families that completed the SFP curriculum with LSS in the Sioux Falls area showed the following results:

- Reduction in delinquency: 44% of parents and 56% of youth saw improvements
- Reduction of alcohol and drug use: 38% of parents and 19% of youth saw improvements
- Social competencies: 50% of parents and youth saw improvements
- School Performance: 38% of parents and 44% of youth saw improvements

- Reduction of child maltreatment: 38% of parents and 19% of youth saw improvements
- 100% of parents who completed SFP in FY25 reported the classes had some influence on their functioning
- 71% of parents who completed SFP said they would recommend SFP to others
- 89% of youth who completed the SFP in FY2025 were satisfied with the classes
- 67% of youth who completed the classes states that the course helped their family

LSS has extensive experience in collecting and reporting data in order to complete grant reports.

Description of Project Geographic Boundaries

This project will serve families in the Sioux Falls metro area, with a population of over 300,000 people that includes nearly 50,000 families with children. The Sioux Falls metro area has families of varied backgrounds and heritage and the Sioux Falls School District reports almost 30% of students qualify for free or reduced lunch. Since lags in acculturation or living at/below the poverty line can place a family at-risk, the presence of SFP in the Sioux Falls area will continue to prove needed and beneficial.

Target Population

Target Population Details (Place an "X" in the box to the <i>left</i> of all those that apply)					
Race(s):		Offender Type(s):		Geography:	
X	American Indian/Alaskan Native	X	At-Risk Population (no prior offense)	X	Rural
X	Asian	X	First Time Offenders	X	Suburban
X	Black/African American	X	Repeat Offenders	X	Tribal
X	Hispanic or Latino (of any race)		Sex Offenders	X	Urban
X	Other Race	X	Status Offenders	Age:	
X	White/Caucasian		Violent Offenders	X	Under 11
Sex:		Referral Source:		X	12-13
X	Female	X	School	X	14-15
X	Male	X	State's Attorney	X	16-18
				X	Court System
				X	Other Community Partners

Cost Proposal

The cost proposal consists of the costs associated with facilitating the Strengthening Families Program to fidelity. Each group session will be billed to the state at the agreed-upon rate.

Interpreter costs will be billed only as used and at the actual cost billed by the interpreter.

Facilitator training costs will be billed only when a Strengthening Families facilitator training occurs and will be billed at actual costs.

Program Budget

EXPENSES	SFP Facilitation	Additional Costs	TOTAL
Curriculum Sessions			
Supervisor and Facilitator(s)	\$32,000		
Employee Fringe Benefits	\$7,500		
Contracted Services			
Interpreters – for 2 sessions (Estimate)		\$4,200	
New Facilitator Training		\$4,200	
Other Expenses			
Occupancy	\$2,300		
Evaluation	\$1,000		
Materials/Supplies/Meals for Families	\$8,000		
Indirect Costs	\$7,281.60		
TOTAL EXPENSES	\$58,081.60*	\$8,400**	\$66,481.60

*Billed out with a per session per family rate

**Billed at actual amounts, only when expense occurs

The proposed budget takes into account staff time for facilitation based on an average of 4 families per group. The budget also includes an estimate of interpreter costs if the need is present for a family attending the group. To date, we have used interpreters for one to two Strengthening Families groups per year.

We would like to train additional LSS staff as Strengthening Families facilitators to ease in scheduling and staff coverage of the proposed groups. Due to staff turnover and position changes, several of our initial facilitators are no longer available to support Strengthening Families groups. The cost to bring the Strengthening Families facilitator on site for curriculum training is included in this grant.

The indirect cost reflects our federally negotiated rate of 12.3%.

Implementation Rates

Rate per Strengthening Families session per family	\$479
Rate per hour of interpreter service	\$70

SECTION 5: CONFLICTS OF INTEREST, SPECIAL CONDITIONS AND ASSURANCES

Council of Juvenile Services Conflict of Interest Identification

Council Member: Amy Witt

Description of potential conflict of interest: Amy Witt is the Chief Program Officer of Lutheran Social Services. Amy Witt derives compensation from her position at LSS, the entity that is party to this contract.



Together, we build homes,
communities and hope.

June 16, 2026

South Dakota Department of Corrections
3200 East Highway 34
Pierre, SD 57501-5070

Dear Staff,

Habitat for Humanity of Greater Sioux Falls recognizes and values the vital services that Lutheran Social Services provides for families across South Dakota.

We are in full support of Lutheran Social Services of South Dakota submitting an application for the Strengthening Families grant through the South Dakota Department of Corrections.

Thank you for giving your careful consideration to Lutheran Social Services' proposal.

Sincerely,

A handwritten signature in blue ink that reads "Lisa Ross".

Lisa Ross, Homeowner Services Coordinator
lisa.ross@siouxfallshabitat.org
(605) 274-6290

June 8th, 2026

South Dakota Department of Corrections
3200 East Highway 34
Pierre, SD 5750-5070

Brighter Transition Youth Treatment Center recognizes and values the vital services that Lutheran Social Services provides for families across South Dakota. We are in full support of Lutheran Social Services of South Dakota submitting an application for the Strengthening Families grant through the South Dakota Department of Corrections.

Thank you for giving your careful consideration to Lutheran Social Services' proposal.

Sincerely,

A handwritten signature in black ink, appearing to read 'Jon St. Pierre', with a stylized, flowing script.

Jon St. Pierre
Executive Director
Brighter Transition Youth Treatment Center



STRENGTHENING FAMILIES

STARTS WITH A MEAL & GOOD CONVERSATION



A pilot program called Strengthening Families is quietly making waves at LSS—one meal, one session, and one family at a time.

Launched in November 2023, this evidence-based initiative was developed through a partnership between LSS and the South Dakota Department of Corrections. Its goal is to strengthen family bonds and build resilience through a structured, 11-week curriculum.

While the concept might sound complicated, it's really a shared experience that begins around a dinner table.

The program's unique approach starts with a shared meal each week for all participating families. This isn't just about filling hungry stomachs after a long day, it's a strategic move to ease tensions, build connections, and create a relaxed environment where genuine interactions can happen. In these moments, the formality slowly

fades, replaced with good conversations and laughter, all the while friendships are developing among families.

After the meal, families break into separate sessions—parents in one group and youth in another. Each group follows a common theme tailored to their perspective. "We start with the basics of communication and how to develop that relationship in your family," explains Amy Witt, LSS Chief Program Officer. "Then we move on to problem-solving skills, handling tough conversations, and managing at-risk behaviors. Each session builds on the last, helping families develop their relationships and navigate challenges together."

Then, families come back together to practice their new skills together. These interactive family activities reinforce the lessons learned and put communication and problem-solving strategies into practical experiences.

The program's strength comes from the curriculum, but the

momentum and energy come from the community it builds. Families, who initially might feel isolated, begin to form supportive networks.

"When you have kids who are struggling, it's easy to feel isolated as a parent because you are expected to have all the answers," says Witt. "We give families practical skills to implement at home when things aren't going as planned. Over time, families begin to feel more in control. They feel like they can do something in a situation where they maybe didn't feel like they could before."

The program's impact extends beyond the immediate participants. The skills learned often have a ripple effect, positively influencing siblings, friendships, and the broader family dynamic.

Thanks to support from the South Dakota Department of Corrections along with additional funding sources, Strengthening Families is offered at no cost to participants. There are no prerequisites making it accessible for families.



"A teen boy said,
**'I actually talk to
my mom now.'**
Sounds basic, but it's
a profound shift. That's
what it's all about."

Jill Jensen

Senior Director, Permanency
Services and Facilitator



Strengthening Individuals,
Families & Communities

Strengthening Families Program Impact Stories and Participant Testimonies

SFP Facilitator shared a story about a mom with an 11 year old son who participated in while the dad stayed home with the younger children who were too young to attend SFP. After several sessions, the mom said the 11 year old was going home and teaching his younger siblings the skills and language he was learning at SFP. So, the whole family was learning the skills!

A member of the LSS Executive Team shared that they were in a recent meeting with the Program Director at a local residential facility (not a LSS facility). As the LSS leader spoke with community partners about how to better support families when their children are struggling, SFP came up and the facility director shared that they had several youth and their families complete the SFP classes. This director then shared that one teen who had been in this facility actually discharged from the facility to his parents' home 3 months early due in large part to the work the youth and his family did during SFP. What an amazing testament to the power of SFP and to the difference you made in that child and family's lives!

SFP Facilitator shared, "A teen boy [he] actually talks to his mom now. Sounds basic, but it's a profound shift. That's what it is all about."

SFP Facilitator shared, "We had a parent who told us that the family now aware of and watches the tone they use and how they communicate with one another (using, "I feel when you do..." technique).

One participating family had a child with ADHD who was struggling, but the mom, in particular, was struggling because she was very tired and emotionally spent. At the end of the classes, this family expressed that the class was good and helpful for them.