

For more information or to sign up for FAST, complete this form and return it to your child's elementary school.

Parent(s) Name(s):

Mailing Address:

Phone Number:

Best Contact Time:

Name of Child:

Grade:

Name of Child:

Grade:

FAST increases school success.

FAST helps families and school staff to build the best possible relationships. It improves the children's behavior and performance in the classroom and increases parental involvement. It builds self-esteem in children and helps them develop resilience to negative social influences.

FAST builds strong families.

FAST teaches respect and good communication among family members. It reduces the stress that parents and children experience from daily life. It also helps parents to recognize the power they have in strengthening their own families.

FAST builds relationships.

FAST helps parents, children, schools, and community agencies to connect in meaningful ways. It provides more connections, more influence, and more access to resources. Families build a network of social support that can stay with them the rest of their lives.

FAST is a wonderful experience for families. Come join us!



216-698-2875 • fcfc.cuyahogacounty.us

Cuyahoga County
Families and Schools Together

FAST



Caption: All photos on this brochure show families who have participated in FAST programs in Cuyahoga County.

Building Relationships
Empowering Parents

Families and Schools Together (FAST)

is an award-winning program for parents and children. Families gather and participate in specific, exciting, research-based activities designed to strengthen bonds within the family, school, and community.



Come Join Us

FAST is a wonderful experience for families. FAST groups meet once a week for 2½ hours in the evening at the child's elementary school. The program runs for eight consecutive weeks. Meetings follow an agenda that includes exciting activities that are carefully planned and led by a trained team.

FAST is a way for families and school staff to support one another to ensure that children reach their greatest potential.

There is no charge for participating in FAST. Anyone can join the fun!



“My kids told me about FAST. It sounded like something I never heard of a school doing before.

It's out of the box.”

– FAST Parent

FAST Parents:

- Build lasting relationships with other families
- Discover new ways to help their children succeed
- Learn more ways to have fun as a family unit
- Make new friends and share ideas with other parents
- Connect with their children's school and community resources

FAST Families:

- Enjoy hot dinners together as a family
- Explore imaginations and build communication
- Participate in crafts, games, and recreation
- Win free prizes for the entire family
- Have childcare made available during program time

FAST Graduates:

- Transition into a follow-up program called FASTWorks
- Become leaders in the school and community
- Utilize their unique gifts, talents, and expertise
- Create a network of friends, support, and knowledge