

FIND THE BALANCE OF SHOWING LOVE AND  
SETTING LIMITS WITH THE...

# STRENGTHENING FAMILIES PROGRAM FOR YOUTH AGES 10-14

WHEN: COMING JANUARY 2021!

WHERE: hosted VIRTUALLY through ZOOM



## What is Strengthening Families 10-14?

Parents and youth will attend **two evening per week for seven weeks via Zoom** and have lots of fun together. They will learn ways to promote family bonding, keep the lines of family communication open, and use family strengths to solve problems together.

## Strengthening Families 10-14 will...

- 1) Help parents/caregivers learn nurturing skills that support their children
- 2) Teach parents/caregivers how to effectively set limits and guide their youth
- 3) Help youth recognize and show appreciation for their parents/caregivers
- 4) Teach youth skills for dealing with stress, peer pressure, and good decision making.



## PROVIDED FOR FREE EACH NIGHT:

Families will receive each night of Strengthening Families free **childcare activities, funding for family dinner, fun family games and activities,** and **weekly prizes** for both youth and adults.