

# STRENGTHENING FAMILIES

## What's it all about?

### WHO:

Families with youth ages 10 to 14 years old who want additional tools to guide them through the teenage years.

### WHAT:

Seven weekly sessions of food, fun and games that will strengthen family bonds and improve communication and listening skills. Sessions are designed to:

- Help parents build on their strengths in showing love and setting limits.
- Help youth develop skills in handling peer pressure, getting along with family members and building a positive future.
- Help families grow together.



## Why should we try it?

- Free meals
- Free childcare provided
- Family discussions
- Youth activities
- Classes are held in your community
- **IT'S FUN!**



## For more information contact:

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