

STRENGTHENING Families PROGRAM for parents and youth 10-14

7 Consecutive Weeks, in Spanish, & *Online via Zoom*

Orientation: Monday October 26th, 2020 6-7 PM

Classes:

Parents: Mondays November 2nd to December 14th from 6-7 p.m.

Youth: Tuesdays November 3rd to December 15th from 6-7 PM and **Families** from 7-8 p.m.

Registration: **360-333-0083** - Claudia Avendaño-Ibarra

FAMILIES WILL: •Have fun playing games & doing activities together •Discuss what makes your family strong • Solve problems together	PARENTS/CAREGIVERS LEARN: •What to expect from their adolescent children •Over a dozen tools for effectively parenting teens •How to set limits and show love during the pre-teen/ teen years	YOUTH WILL: •Prepare for the teen years •Strengthen family communication •Avoid problems with drugs and alcohol	YOUTH LEARN: •How to resist peer pressure •How to handle angry feelings and manage stress • How to choose positive friends
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