



**FREE - FREE - FREE - FREE - FREE - FREE**  
**Strengthening Families Class**  
**for the whole family -**  
**Parents/Caregivers and Youth ages 10-14**

Class Enrollment is limited to 12 families  
**REGISTER TODAY!**



**TUESDAYS** - *Eight sessions total, one session per week*

January 29, February 5, 12, 19, 26, March 5, 12 and 19

6:00 - 8:30 p.m.

*Toutle Lake Elementary Cafeteria*

Dinner will be served each evening for your family

Supervision/4-H Activities available for children age 3-9

**Prizes**



**FAMILIES:**

- \* Solve problems together
- \* Build family strengths through games and fun

**PARENTS:**

- \* Build understanding of teens/pre-teens through a dozen parenting tools

**YOUTH:**

- \* Engage in fun, hands-on activities
- \* Develop skills for peer pressure, stress management, and positive relationships

*Fill out the registration form below and **return by Friday, January 25** to:*

Ramona Leber, WSU/SFP Coordinator, [sfpwsucowlitz@hotmail.com](mailto:sfpwsucowlitz@hotmail.com), 360-261-3971

Leann Couch, Toutle Lake Schools, [lcouch@toutlesd.org](mailto:lcouch@toutlesd.org), 360-274-6132 x 515

Parent/Caregivers' Names: #1 \_\_\_\_\_ #2 \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Names of youth (ages 10-14) enrolled in the class: (NOTE: A parent or caregiver must accompany the youth.)

1. Youth Name \_\_\_\_\_ Age: \_\_\_\_\_

2. Youth Name \_\_\_\_\_ Age: \_\_\_\_\_

Please help us prepare for younger children's childcare or activities by listing the name(s) and age(s) of children (ages 3-9) that you plan to bring:

Child's Name \_\_\_\_\_ Age \_\_\_\_\_; Child's Name \_\_\_\_\_ Age \_\_\_\_\_

## ***Free Strengthening Families Class For the Whole Family – Parents/Caregivers and Youth 10-14 Years Old***

***Coming to Toutle Lake  
January 29, 2019***

**Strengthening Families is for parents/caregivers and their youth ages 10 through 14. The class is designed to help families deal with the many stressors involved in raising youth and in dealing with everyday life. Some of the topics covered are: dealing with every day stressors; family communication; setting limits; problem solving; and lots more!**

**Family meals, weekly drawings, hands-on activities, and childcare/activities are included each week. Childcare is provided for children age 3-5 and 4-H Activities are provided for children in Kindergarten through nine years old. The class is free to families and is sponsored by WSU Extension Cowlitz County.**

**The Strengthening Families Class will be held once a week for eight weeks from 6:00 p.m.–8:30 p.m. beginning Tuesday, January 29, 2019, at Toutle Lake Elementary Cafeteria, located at 5050 Spirit Lake Hwy., Toutle.**

**Dinner will be provided for your family each week at 6:00 p.m.**

**If you would like to register for the program and/or have questions, please contact:**

- **Ramona Leber, WSU/SFP Coordinator, at (360) 261-3971, [sfpwsucowlitz@hotmail.com](mailto:sfpwsucowlitz@hotmail.com); or**
- **Leann Couch, Toutle Lake Schools, [lcouch@toutlesd.org](mailto:lcouch@toutlesd.org), 360-274-6132 x 515.**