



**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 5-12 families  
**REGISTER TODAY!**



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

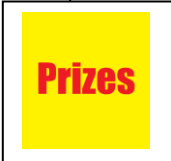
April 11, 18, 25, May 2, 9, 16, 23, and 30

6:00 - 8:30 p.m.

**Woodland Middle School Commons**

Dinner will be served each evening for your family

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



**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 Tuesday, April 9** to:

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

✓ **Woodland Middle School (Thursdays beginning April 11)**

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 again to Woodland April 11, 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 Thursday, April 11, 2019, at Woodland Middle School, located at 755 Park Street.**

**Dinner will be provided for your family each week at 6:00 p.m. in the Woodland Middle School Commons.**

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

- Ramona Leber, WSU/SFP Coordinator, at (360) 261-3971 (text or call) or [sfpwsucowlitz@hotmail.com](mailto:sfpwsucowlitz@hotmail.com);
- Dee Ray, Woodland Schools, [rayd@woodlandschools.org](mailto:rayd@woodlandschools.org), 360-841-2850; or
- Garrett DeGraaff, Woodland Schools, [degraafg@woodlandschools.org](mailto:degraafg@woodlandschools.org), 360-841-2850