



FREE - FREE - FREE - FREE - FREE

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

Class Enrollment is limited to 5-12 families
REGISTER TODAY!

Eight sessions total on Mondays

Oct. 14, 21, 28, Nov. 4, 18, 25, Dec. 2, and 9

6:00 - 8:30 p.m.

Prizes

FREE

Journey Christian School

95 Garden St., Lexington (Kelso)

-Dinner will be served each evening for your family

-Supervision/Activities are available for children ages 3-9



Throughout the Strengthening Families classes:

FAMILIES will:

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

PARENTS will:

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

YOUTH will:

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

Fill out the registration form on the back and **return by Friday, October 11**

FREE Strengthening Families Classes for the Whole Family – Parents/Caregivers and their Youth 10-14-Years-Old Beginning October 14, 2019

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

Family meals, weekly prize drawings, and hands-on activities are included each week. Supervision and activities are provided for children ages 3-5 and 4-H activities are provided for children Kindergarten through nine years old.

The classes are **FREE** to families and are sponsored by WSU Extension Cowlitz County.

The Strengthening Families Classes will be held once a week for eight weeks on Mondays from 6:00 p.m.–8:30 p.m. beginning October 14, 2019 at Journey Christian School, 95 Garden St., Kelso.

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

*To register: Fill out the registration form below and **return by Friday, October 11**, to:*

E-mail/Text - Ramona Leber, WSU/SFP Coordinator, sfpwsucowlitz@hotmail.com, 360-261-3971

In Person - WSU Extension Cowlitz County, 1946 3rd Ave., Longview (Use mail slot after hours)

Or the Journey Christian School Office

✓ **JOURNEY CHRISTIAN SCHOOL CLASS** (Mondays beginning October 14)

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 on-site needs 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 _____