

**STRENGTHENING
Families PROGRAM**

FOR PARENTS AND YOUTH 10-14



WSU EXTENSION
Whatcom County

Washington State
Health Care Authority

PLAY GAMES TOGETHER • CREATE YOUR FAMILY TREE • INTERACT WITH YOUR FRIENDS • MAKE YOUR FAMILY SHIELD

COME JOIN THE FAMILY FUN!



- Encourage Healthy Habits in Youth
- Learn How to Listen and be Heard
- Get Skills to Handle Peer Pressure & more...



Registration now open!

Lynden Area

Program in English

April 14th – May 26th, 2026

Tuesdays, 5:30 pm – 8:00 pm

Lynden Middle School

8750 Line Road, Lynden 98264

*Free dinner & free child supervision available!
FREE gas cards for participating families.*

<https://extension.wsu.edu/whatcom/fch/sfp>

SCAN for WEBSITE



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