

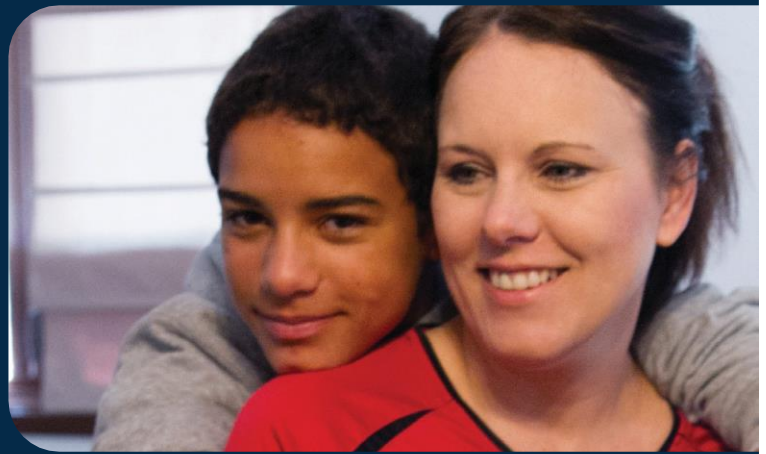
STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

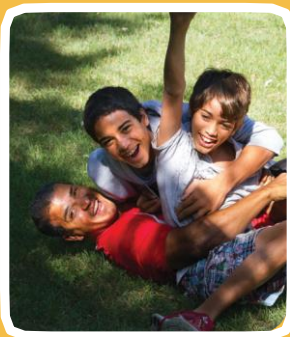


"I learned what a good friend is and how to stay out of trouble."

Build stronger families in seven sessions!



"We now enjoy family time together."



Strengthening Families Program: For Parents and Youth 10-14 can help your family learn to manage emotions, set goals, avoid peer pressure, make better decisions and create better relationships. You will learn how to show love while setting limits, how to listen to your child and how to help family members show appreciation to each other.

All families have strengths. *This program will help your family become even stronger!*

To register for a free Strengthening Families Program: For Parents and Youth 10-14 in Mount Vernon contact:

Lauren Fearn: 360-854-7168 or lauren.fearn@unitedgeneral.org

Para Español – Claudia Avendano-Ibarra: 360-333-0083 or claudia.avendanoibarra@skagit.edu

REGISTER ONLINE AT: unitedgeneral.org/positive-parenting/

CLASS DETAILS: **FREE in Spanish and English!** Every Thursday from March 8th- April 26th (NO CLASS APRIL 5TH) from 6:00-8:30 at Mount Baker Middle School. Registration deadline March 1st.