

# Strengthening Families Program



**For Parents/Caregivers and Youth ages 10-14**

**Tuesdays**

**May 7- June 18**

*Seven weeks, two hours per session*

*We still have room!*

**5:30-7:30**

**2750 NW Finn Hill Road**

**Vinland Lutheran Church, Poulsbo WA**

- *Free childcare available for children age 2+*
- *Free dinner for families who participate*

**Register Now, Space is Limited!**

## PARENTS LEARN:

- What to expect from their adolescent children
- Over a dozen tools for effectively parenting teens
- How to set limits and show love during the pre-teen and teen years

## YOUTH LEARN:

- How to resist peer pressure and how to choose positive friends
- How to handle angry feelings and manage stress
- Appreciation for their parents

*Fill out the registration form below and return to:*

*Connie Mueller at [cmueller@kcr.org](mailto:cmueller@kcr.org) or call 360-473-2085 for more information*

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

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

Name(s) of youth (ages 10-14) enrolled in class. **NOTE: Each youth must be accompanied by one adult to classes**

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

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

Please help us prepare for childcare by listing the names and ages of children age 2+ that you plan to bring

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



*Reasonable accommodation will be made for persons with disabilities and special needs who contact (360) 473-2085 at least two weeks prior to the event.*