

Strengthening Families Program **REVISED**



For Parents/Caregivers and Youth ages 10-14

Thursdays

May 2- June 13

Seven weeks, two hours per sessions

WE STILL HAVE ROOM!!!

5:30-7:30

1201 Park Ave

Kitsap Community Resources, Bremerton 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 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.