

ALL KINDS OF FAMILIES ARE INVITED

Single-parent, Two-parent, Foster, Adopted, Blended, and Step.

IF YOUR CHILD IS AGE 10-14 AND YOU . . .

Sometimes worry about their behavior or choices.

Wonder how they will handle peer pressure.

Would like to improve your family atmosphere or prevent conflict.

Would like to tone up your parenting skills.

Would like your child to grow more confident and have strong, positive life skills

Would like to have someone else prepare, serve and clean up a nutritious family meal each week

Would like to HAVE FUN!

. . . THEN STRENGTHENING FAMILIES IS FOR YOU!

YOU AND YOUR FAMILY WILL:

- Eat dinner together and enjoy family activities
- Learn useful, tested tools for getting along and helping each other.
- Pick up new communication and coping skills.
- Understand setting and keeping healthy boundaries.
- Get to know each other better while having fun.
- Feel more relaxed as a family.

Strengthening Families is brought to you by:



RICHLAND COUNTY
Children & Family
ADVOCACY COUNCIL

STRENGTHENING
Families
PROGRAM

**FOR PARENTS
AND YOUTH 10-14**

A seven-week program for parents and youth ages 10-14.

Family meals, childcare, and program provided at **NO** cost to you!

TOPICS:

- Rules & rule breaking
- How to set limits while supporting growth.
- What children and parents need from each other.
- Emotions and moods
- Help youth become responsible young adults by making good decisions and supporting them in reaching their goals.
- Discuss the challenges of friends, curfews, alcohol, dating, and more.
- Build a strong, loving family that works and has fun together.

NEED TO KNOW INFO

WHEN:

Wednesday Evenings

September 27

October 4, 11, 18, 25

November 1, 8

Meal: 5:30pm

Programing: 6:00-8:00pm

WHERE:

Richland Center

Intermediate School

WHAT TO EXPECT

- 7 session series
- Parents and youth meet separately and then together during each session.
- Free family meal
- Activities and games
- Prizes
- Fun

TO REGISTER

Contact Lisa Goff,
Strengthening Families Co-Facilitator

608-647-8971

or

Click on the link or scan the
QR Code to access the
online registration form.



bit.ly/3OoqCsB

**PRE-REGISTRATION
IS REQUIRED.**

SPACE FOR 10 FAMILIES!

**CHECK OUT THE
SPF WEBSITE**

