

# STRENGTHENING

**FREE**

*families*

# PROGRAM

For Parents and Youth 10-14

## THE STRENGTHENING FAMILIES PROGRAM IMPROVES RELATIONSHIPS BETWEEN PARENTS AND YOUTH

Join us for 7 weekly sessions where FREE dinner and child care for children under 10 will be provided. There will be several fun activities, games, discussions and prizes!

### DATES

April 11, 2017  
April 18, 2017  
April 24, 2017  
May 2, 2017  
May 9, 2017  
May 22, 2017  
May 30, 2017

### TIME

5:30-8:00 P.M.

### LOCATION

Stephenson Elementary School  
535 River Road  
Stephenson, MI 49887

### PREREGISTRATION REQUIRED FOR PARTICIPATION

For more information on Strengthening Families or to register, please contact Erin at 906-753-4240  
Registration Deadline is April 7, 2017

Program sponsored and provided by: Tri-City Area United Way, Public Health; Delta and Menominee Counties and Menominee County Juvenile Probation

### HELP YOUR YOUTH:

- Prepare for teen years
- Strengthen family communication
- Increase school performance
- Handle frustration
- Resist peer pressure
- Build positive relationships with family members

### PARENTS WILL LEARN:

- How to solve problems with their youth
- Effective ways to establish rules and consequences
- Positive management of emotions
- Ways to show love and support

### FAMILIES WILL:

- Learn how to solve problems together
- Discuss what makes their family strong
- Engage in fun activities and games