



FREE - FREE - FREE - FREE - FREE - FREE

**Strengthening Families Class
for the whole family -
Parents/Caregivers and Youth ages 10-14**

**Class Enrollment is limited to 12 families
REGISTER TODAY!**

FREE

WEDNESDAYS - Eight sessions total, one session per week
January 23, 30, February 6, 13, 20, 27, March 6, and 13

6:00 - 8:30 p.m.

Woodland Middle School Commons

Dinner will be served each evening for your family

Supervision/4-H Activities available for children age 3-9

Prizes



FAMILIES:

- * Solve problems together
- * Build family strengths through games and fun

PARENTS:

- * Build understanding of teens/pre-teens through a dozen parenting tools

YOUTH:

- * Engage in fun, hands-on activities
- * Develop skills for peer pressure, stress management, and positive relationships

Fill out the registration form below and **return by Monday, January 21** to:

Ramona Leber, WSU/SFP Coordinator, sfpwsucowlitz@hotmail.com, 360-261-3971

Dee Ray, Woodland Schools, rayd@woodlandschools.org, 360-841-2850

Garrett DeGraaff, Woodland Schools, degaaafg@woodlandschools.org, 360-841-2850

Parent/Caregivers' Names: #1 _____ #2 _____

Telephone: _____ Cell Phone _____ E-mail _____

Names of youth (ages 10-14) enrolled in the class: (NOTE: A parent or caregiver must accompany the youth.)

1. Youth Name _____ Age: _____

2. Youth Name _____ Age: _____

Please help us prepare for younger children's childcare or activities by listing the name(s) and age(s) of children (ages 3-9) that you plan to bring:

Child's Name _____ Age: _____; Child's Name _____ Age: _____

*Extension programs and employment are available to all without discrimination.
Evidence of noncompliance may be reported through your local Extension office.*

Free Strengthening Families Class

***For the Whole Family – Parents/Caregivers
and Youth 10-14 Years Old***

***Coming again to Woodland
January 23, 2019***

Strengthening Families is for parents/caregivers and their youth ages 10 through 14. The class is designed to help families deal with the many stressors involved in raising youth and in dealing with everyday life. Some of the topics covered are: dealing with every day stressors; family communication; setting limits; problem solving; and lots more!

Family meals, weekly drawings, hands-on activities, and childcare/activities are included each week. Childcare is provided for children age 3-5 and 4-H Activities are provided for children in Kindergarten through nine years old. The class is free to families and is sponsored by WSU Extension Cowlitz County.

The Strengthening Families Class will be held once a week for eight weeks from 6:00 p.m.–8:30 p.m. beginning Wednesday, January 23, 2019, at Woodland Middle School, located at 755 Park Street.

Dinner will be provided for your family each week at 6:00 p.m. in the Woodland Middle School Commons.

If you would like to register for the program and/or have questions, please contact:

- Ramona Leber, WSU/SFP Coordinator, at (360) 261-3971/
sfpwsucowlitz@hotmail.com;
- Dee Ray, Woodland Schools, rayd@woodlandschools.org, 360-841-2850; or
- Garrett DeGraaff, Woodland Schools, degraafg@woodlandschools.org,
360-841-2850