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

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

FREE

MONDAYS - Eight sessions total, one session per week

April 15, 22, 29, May 6, 13, 20, June 3 and 10

6:00 - 8:30 p.m.

Castle Rock United Methodist Church

241- 1st Ave. SW, Castle Rock

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 Friday, April 12 to:

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



CASTLE ROCK UNITED METHODIST CHURCH (Mondays beginning April 15)

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

*(A partnership between the Castle Rock CARE Coalition and
WSU Extension Cowlitz County)*

Coming to Castle Rock April 15, 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 the Castle Rock CARE Coalition through a grant from WA's Health Care Authority and WSU Extension Cowlitz County through a grant from Cowlitz County Health & Human Services.

The Strengthening Families Class will be held once a week for eight weeks from 6:00 p.m.–8:30 p.m. beginning Monday, April 15, 2019, at Castle Rock United Methodist Church, located at 241 1st Ave. SW, Castle Rock.

Dinner will be provided for your family each week at 6:00 p.m.

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

- Ramona Leber, WSU/SFP Coordinator, at sfpwsucowlitz@hotmail.com or text/call (360) 261-3971.
- Lindsey Worley, Castle Rock CARE Coalition, lworley@crschools.org.

The district does not sponsor this event and the district assumes no responsibility for it. In consideration of the privilege to distribute materials, Castle Rock School District shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of the distribution of these materials, including costs, attorney's fees and judgments or awards.