

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 5-12 families
REGISTER TODAY!



THURSDAYS - *Eight sessions total, one session per week*

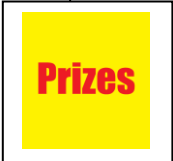
April 18, 25, May 2, 9, 16, 23, 30 and June 6

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



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 Tuesday, April 16** to:

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

✓ **Woodland Middle School (Thursdays beginning April 18)**

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 _____

Free Strengthening Families Class

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

Starting Woodland April 18, 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 Thursday, April 18, 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 (text or call) or sfpwsucowlitz@hotmail.com;
- Dee Ray, Woodland Schools, rayd@woodlandschools.org, 360-841-2850; or
- Garrett DeGraaff, Woodland Schools, degraafg@woodlandschools.org, 360-841-2850