



Strengthening Families Program

Mondays October 7-November 18

5:30 - 8:00pm at Mt Baker Junior High School

- Dinner will be served to your family
- Supervised activities for siblings under 10
- Enrollment limited to 12 families!
- \$35 per family for the 7-week course
(valued at \$400) scholarships available

FOR PARENTS & YOUTH AGES 10 - 14 – PLEASE JOIN US!!

HELP YOUR YOUTH:

- Prepare for the teen years
- Strengthen family communication
- Avoid problems with drugs and alcohol

PARENTS/CAREGIVERS LEARN:

- What to expect from their adolescent children
- Over a dozen tools for effectively parenting teens
- How to set limits and show love during the pre-teen and teen years

YOUTH LEARN:

- How to resist peer pressure
- How to handle angry feelings and manage stress
- How to choose positive friends
- Appreciation for their parents

FAMILIES WILL:

- Have fun playing games & doing activities together
- Discuss what makes your family strong
- Solve problems together

Cost: \$35 per family registration fee
(scholarships are available – just ask)
Make checks payable to “Whatcom 4-H Council”

To Register: Please return the attached registration form to school office or
<http://whatcom.wsu.edu/fch/sfp.html>

More INFO: <http://sfp.wsu.edu> or email Kate.Foster@wsu.edu

Strengthening Families Program

Mt Baker Junior High

7 Mondays October 7th - November 18 2019

Registration Form

Parent/Caregiver Name(s) _____

Address _____

Phone _____ Email _____

10-14 year old students attending the program:

Name _____ Date of Birth _____

Name _____ Date of Birth _____

Please check all that apply:

- ☐ \$10 deposit enclosed, remaining amount to be paid on the first night
- ☐ Full registration fee of \$35 enclosed
- ☐ Scholarship needed. Amount we can pay _____
- ☐ Siblings under 10 will need supervision: (see below)

Name of child _____ Age _____

Name of child _____ Age _____

Name of child _____ Age _____

This program is a joint effort by Whatcom County Health Department, Washington State University, Mount Baker School District and Mt. Baker Community Coalition.

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

