



Strengthening Families Program

**For Parents/Caregivers and Youth 10-14 years old
Mondays and Wednesdays, May 10 through June 23**

(Parents/Caregivers on Mondays and Youth/Family on Wednesdays)

One session per week 5 pm - 7 pm

Virtual Connection by Zoom

(You need an electronic device and Internet connection)

Parent/Caregiver Learning:

- Identify stress and problems that may appear in adolescence
- Learn to support teens' future goals and dreams
- How to set limits by showing love during preadolescence and adolescence

Teen Learning:

- How to resist pressure from friends and how to choose good friends
- How to manage angry emotions, angry feelings, and manage stress
- Learn to appreciate parents/caregivers

**For more information contact Dina Burns sfp@kcr.org or
call 360.990.0949**

REGISTER NOW! LIMITED SPACE!

