Strengthening Families Program 2021

For Parents and Youth 10-14 years old
Tuesdays
From January 26 to March 9
OR Thursdays
From January 28 to March 11
For seven weeks, one session per week
5:00 pm – 8:00 pm
• Virtual connection by Zoom
• You need an electronic device and internet connection.

Register Now! There are limited spots!

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 your 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.

Please fill out the application form shown at the end of this sheet and email us at sfp@kcr.org before January 24, 2021 or click here.

For more information, please contact to: Dina Burns: sfp@kcr.org Phone number: 360-990-0949

Names of Parents or Caregivers: #1_______________________________#2__________

Phone Number:_________________________Cell Phone Number:_________________________e-mail:_________________________

Teens’ information (ages 10-14) who wish to register for this program.

1. Youth’s Name:_________________________Age:__________

2. Youth’s Name:_________________________Age:__________