

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: _____

