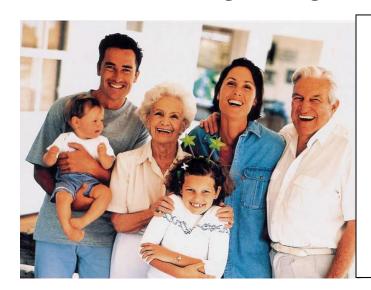
## Strengthening Families Program 2021



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 <u>sfp@kcr.org</u> before January 24, 2021 or click here.

ror	more information, please conta	ct to: Dina Burns: <u>Sip@kci</u>	r.org Phone number:300-990-0949	'
Nan	nes of Parents or Caregivers: #1		#2#2	<del></del>
Pho	ne 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:		



