

Free Program



Fun Activities



Childcare

**BUILD YOUR
TOOLBOX
FOR THE
TEEN
YEARS**

STRENGTHENING FAMILIES PROGRAM

For Parents & Youth Ages 10 - 14

SEVEN SESSIONS

When: Tuesdays & Thursdays
Starting October 1st

Time: 5:30 pm - 8:00 pm

Where: Friday Harbor Middle School Commons

- Dinner Provided
- Fun Activities
- Skill Building

PARENTS/CAREGIVERS WILL DISCUSS:

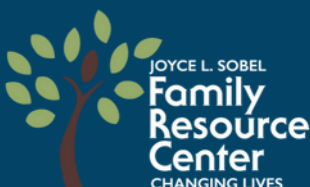
- Adolescent development
- Rules and consequences
- Solving problems with youth
- Ways to show love and support



YOUTH WILL LEARN TO:

- Handle frustration
- Resist peer pressure
- Appreciate parent/caregivers
- Get along with others

**TOGETHER
YOU WILL PRACTICE YOUR NEW SKILLS**



Call the Family Resource Center
at 360-378-5246 to Register

