Strengthening Families Program

For Parents/Caretakers and Youth ages 10-14

*Strengthening Families is a **FREE** 7-week program for parents/caretakers and their youth ages 10-14. We offer guided activities and lessons to help parents/caregivers and their youth transition into their teen years.*

When:	February 6, 13, 20, 27 and March 5, 12, and 19th	
Time:	5:00PM	Dinner
	5:30-6:30PM	Parent and Youth Sessions
	6:30 – 7:30PM	Family Activity Session
Where:	Evergreen Middle School 7621 Beverly Ln Everett, WA 98203	

Youth will learn about setting goals and having dreams, to appreciate parents/caregivers, how to deal with stress and peer pressure, as well as how to follow rules.

Parents/caregivers will practice love & limits, making house rules, using consequences and protecting against substance abuse.

How To Register Your Family:

Email Nicole Hoshock at choshock@everettsd.org

OR

Return the bottom half of this flier to the main office at Evergreen Middle School.

Each series is limited to 10 families.

Strengthening Families Program –cut & return to Nicole Hoshock

Parent/Caregiver Name _____

Student Name _____

Phone _____

Email _____

Please list the family members who will be attending and their role in the family. A child listed below must be a student between the ages of 10-14 years old. Please make sure to include the age(s) of your youth.

Family Member's Name	Role	Age of Youth