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.

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**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.

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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.*

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<th>Family Member's Name</th>
<th>Role</th>
<th>Age of Youth</th>
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