

# Strengthening Families

FREE Workshop

A Series of 6 Mondays beginning February 6, 2012

## WHO

Families with children ages 9 to 14 years.

## WHAT

The FREE Strengthening Families Workshop is designed to help improve communication skills in your family. Six weekly workshops facilitated by trained instructors will strengthen your family's ability to safely and successfully navigate the teen years and prepare for a bright future.

## WHEN

Monday evenings from 5:30 to 8:00 p.m., February 6 – March 19, 2012

## WHERE

Mountain View Middle School, 10921 199<sup>th</sup> Ave. Ct. E., Bonney Lake 98391

## SESSIONS

- A **free dinner** will be served at 5:30 pm for the entire family.
- **Free childcare** for siblings provided at no charge!
- During the first hour, parents and children meet separately with their facilitators.
- During the second hour, parents and children meet together as a family.

**HOW TO REGISTER** Call the Puyallup Family Support Center at 253-845-9177

## BENEFITS

### Parents will discuss:

- What kids this age are like
- Making rules and having consequences
- Solving problems with youth
- Ways to show love and support

### Children will learn to:

- Handle frustration
- Resist peer pressure
- Appreciate parents
- Recognize strengths
- Get along with others

### Families will:

- Discuss family strengths
- Share in fun activities
- Solve problems together



**Sponsored by the Pierce County Community Connections Department – Chemical Dependency Division; Sumner School District – STARR Project; Mountain View Middle School; Good Samaritan Community Services; the Family Support Partnership; and Readiness to Learn.**