

# Strengthening Families

FREE Workshop

A Series of 6 Tuesdays beginning October 4, 2011

## 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

Tuesday evenings from 5:30 to 8:00 p.m., October 4 – November 8, 2011

## WHERE

Emerald Hills Elementary, 19515 S. Tapps Dr. 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; Emerald Hills Elementary; Good Samaritan Community Services; the Family Support Partnership; and Readiness to Learn.



