

Strengthening Families

for youth ages 10-15 and their parents or caregivers

**SPRING
QUARTER 2010
APRIL 6 - MAY 18**

**TUESDAY EVENINGS
5:30 - 8:00 p.m.**

**CENTRALIA MIDDLE SCHOOL
901 Johnson Rd, Centralia**

**FREE MEAL AND
FREE CHILDCARE PROVIDED**



Join us for seven sessions of:

- Family discussions and activities designed to increase family fun and harmony.

Parents/Caregivers will discuss:

- Problems-solving skills to use with your youth
- Communication skills to better relationships
- Strategies to avoid power struggles
- How to have more fun parenting

Youth will learn skills to be:

- Successful in school
- Avoid problems with drugs and alcohol
- Learn new ways to communicate
- Resist peer pressure
- Accept responsibility
- Learn ways to show love and support

To register contact:

**Linda Wilcox
736-9391, ext 464**



Funding made available by
Lewis County Social Services
and the Division of Behavioral
Health and Recovery.

Centralia College complies with EEOC guidelines

Helping families have a great future!

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