

# STRENGTHENING FAMILIES

*Tuesdays at 5:30 pm • February 28th to April 18th • Harrah Elementary*



STRENGTHENING FAMILIES IS AN EFFECTIVE AND PROVEN PROGRAM THAT PROMOTES POSITIVE COMMUNICATION, FAMILY TOGETHERNESS, AND PROBLEM-SOLVING SKILLS.

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PARENTS WILL LEARN STRATEGIES FOR SETTING APPROPRIATE LIMITS, ENCOURAGING GOOD BEHAVIOR, USING EFFECTIVE CONSEQUENCES, PROTECTING AGAINST RISKS, AND SHARING EXPECTATIONS.

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YOUTH WILL LEARN STRATEGIES FOR SETTING AND ACHIEVING GOALS, MANAGING STRESS, RESISTING PEER PRESSURE, FOLLOWING RULES, AND APPRECIATING THEIR PARENTS.

*Register now!*



The program, dinner, and childcare are free!