

# STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14



*"I learned what a good friend is and how to stay out of trouble."*

**Build stronger families  
in seven sessions!**



*"We now enjoy family time together."*



Strengthening Families Program: For Parents and Youth 10-14 can help your family learn to manage emotions, set goals, avoid peer pressure, make better decisions and create better relationships. You will learn how to show love while setting limits, how to listen to your child and how to help family members show appreciation to each other.

**All families have strengths. *This program will help your family become even stronger!***

**To learn more about the Strengthening Families Program: For Parents and Youth 10-14, go to [www.extension.iastate.edu/sfp10-14/](http://www.extension.iastate.edu/sfp10-14/) or contact:**

No charge for the 7 two hour sessions at BASES, 208 W Lincoln St in Charlevoix. For parents, grandparents and teens age 10-14. Incentives for participants including gas cards, food coupons and family activity coupons. Limit of 10 families - first come, first serve. Call BASES (231-547-1144) to learn about future dates and to sign-up. This program is funded through a grant from NMRE.

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