

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/ or contact:

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