



**FREE - FREE - FREE - FREE - FREE**

## Strengthening Families Class for the whole family - Parents/Caregivers and their Youth ages 10-14

Class Enrollment is limited to 5-12 families  
**REGISTER TODAY!**

*Eight sessions total on Tuesdays*

Oct. 8, 15, 22, 29, Nov. 5, 12, 19, and 26

6:00 - 8:30 p.m.

**Prizes**

**FREE**

### **Monticello Middle School**

- Dinner will be served each evening for your family
- Supervision/Activities are available for children ages 3-9



### Throughout the Strengthening Families classes:

**FAMILIES will:**

- \* Solve problems together
- \* Build family strengths through games and fun

**PARENTS will:**

- \* Build understanding and of teens/pre-teens through a dozen parenting tools

**YOUTH will:**

- \* Engage in fun, hands-on activities
- \* Develop skills for peer pressure, stress management, and positive relationships

Fill out the registration form on the back and **return by Friday, October 4**

## **FREE Strengthening Families Classes for the Whole Family – Parents/Caregivers and their Youth 10-14-Years-Old Beginning October 8, 2019**

The Strengthening Families classes are for parents/caregivers and their youth ages 10 through 14. The classes are designed to help families deal with the stress of raising youth and dealing with everyday life. Some of the topics covered are: dealing with everyday stressors; family communication; setting limits; problem solving; and lots more!

Family meals, weekly prize drawings, and hands-on activities are included each week. Supervision and activities are provided for children ages 3-5 and 4-H activities are provided for children Kindergarten through nine years old.

The classes are **FREE** to families and are sponsored by WSU Extension Cowlitz County.

**The Strengthening Families Classes will be held once a week for eight weeks on Tuesdays from 6:00 p.m.–8:30 p.m. beginning October 8, 2019 at Monticello Middle School, 1225 28<sup>th</sup> Ave., Longview.**

**Dinner will be provided for your family each evening at 6:00 p.m.**

*To register: Fill out the registration form below and **return by Friday, October 4**, to:*

*E-mail/Text - Ramona Leber, WSU/SFP Coordinator, [sfpwsucowlitz@hotmail.com](mailto:sfpwsucowlitz@hotmail.com), 360-261-3971*

*In Person - WSU Extension Cowlitz County, 1946 3<sup>rd</sup> Ave., Longview (Use mail slot after hours)*

*Or the Monticello Middle School Office*

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✓ **MONTICELLO MIDDLE SCHOOL CLASS** (Tuesdays beginning October 8)

Parent/Caregivers' Names: #1 \_\_\_\_\_ #2 \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Names of youth (ages 10-14) enrolled in the class: (NOTE: A parent or caregiver must accompany the youth.)**

1. Youth Name \_\_\_\_\_ Age: \_\_\_\_\_

2. Youth Name \_\_\_\_\_ Age: \_\_\_\_\_

Please help us prepare for younger children's on-site needs by listing the name(s) and age(s) of **children (ages 3-9)** that you plan to bring:

Child's Name \_\_\_\_\_ Age \_\_\_\_\_; Child's Name \_\_\_\_\_ Age \_\_\_\_\_