



Strengthening Families

NEXT SESSION: 01/17/12

ORIENTATION: 01/10/12

Just because your child is growing up doesn't mean you have to grow apart. Strengthening Families helps families with youth (10-14) **come together**. This free 7 week program is designed to help your family prepare for the various struggles that may lie ahead in the by showing love and setting limits.

Parents learn to:

- * Encourage good behavior
- * Set rules and consequences
- * Protect against substance abuse
- * Help with peer pressure
- * Learn ways to show love and support

Youth learn to:

- * Identify dreams and goals
- * Deal with stress
- * Follow rules and resist peer pressure
- * Handle conflict
- * Get along with others

For: Parents/Caregivers and Youth (ages 10-14) - Free Dinner and Child Care are provided
 When: Tuesday evenings 5:15 - 8:00 PM (7 weeks)
 Where: Angelo Lamagna Activity Center, 2nd Floor, 19 North Main St., Enfield, CT

**To register or for more information please call
 Ruby Gainen, Program Director, Strengthening Families,
 CHR at (860) 253-5020 ext. 139.**



Strengthening Families is provided in collaboration between CHR (Community Health Resources) and Enfield Youth Services and funded by the CT Dept. of Children and Families