

# STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

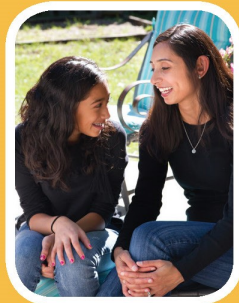


*"I learned what a good friend is and how to stay out of trouble."*

**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!***

**This FREE 7-week program is offered at The Guidance Center**

**Who:** Parents/Caregivers AND their youth, ages 10-14

*Free childcare for younger kids*

**Where:** The Guidance Center, 2695 E. Industrial Dr. Flagstaff

**When:** Tuesdays, October 2-November 13

5:30 p.m. FREE family dinner, 6:00—8:00 p.m. program

THE  
**Guidance**  
CENTER

**To Register Contact:**

Lyna Munoz-Morris  
(928) 714-6446

[Lmunoz-morris@tgcaz.org](mailto:Lmunoz-morris@tgcaz.org)

**PLEASE REGISTER BY  
FRIDAY, September 21st**

**LIMITED TO THE  
FIRST  
12 FAMILIES**