

**Build a stronger family.**

To learn more about the Strengthening Families Program contact:

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**PLEASE REGISTER BY FRIDAY, March 13!**

STRENGTHENING FAMILIES PROGRAM  
REGISTRATION FORM

(Mail or drop off this completed form to the address listed above)

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Childcare needed: \_\_\_\_\_ Yes \_\_\_\_\_ No

How many children & what ages: \_\_\_\_\_

THE  
**Guidance**  
CENTER



STRENGTHENING  
**Families** PROGRAM  
for parents and youth 10-14



## FREE 7 Week Series

**For:** Parents/caregivers AND  
their kids (ages 10 –14)

*Free childcare for younger kids*

### **Designed To:**

- Help parents build on their strengths in showing love and setting limits
- Help youth develop skills in handling peer pressure and building a positive future
- Help families grow together

**Where:** The Guidance Center, Inc.

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

**When:** Tuesdays,  
March 24 to May 5



The Guidance Center is contracted through NARBHA, the Regional Behavioral Health Authority for Coconino, Navajo, Yavapai, Apache and Mohave counties. Funds for services are provided through a contract with the Arizona Department of Health Services/Division of Behavioral Health Services and AHCCCS.



## **Weathering the teen years...with ease!**

### **What to expect:**

- Rules and rule-breaking: how to set limits while supporting growth
- What kids and parents need from one another
- What to do about bullying
- The challenges of friends, curfews, dating, and more
- Keep family love alive

