

STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

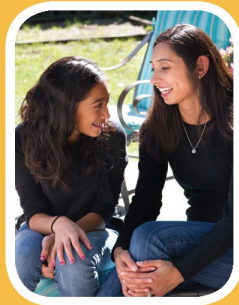


*"I learned what a good friend is
and how to stay out of trouble."*

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: Mondays, April 2– May 14

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

To Register Contact:

Lyna Munoz-Morris
(928) 714-6446

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**PLEASE REGISTER BY
FRIDAY, MARCH 23rd**

**LIMITED TO THE
FIRST
12 FAMILIES**

THE
Guidance
CENTER