



## Strengthening Families .....

A **FREE** program for parents and caregivers and their 5<sup>th</sup> and 6<sup>th</sup> grade children.

Attend this fun virtual program to make your strong family stronger and help your children succeed.

**Parents and caregivers** can enhance their parenting skills by:

- learning to set limits and showing love.
- making house rules.
- encouraging good behavior.
- protecting their children from substance abuse.
- learning to handle stress.

**Kids** can learn to:

- prepare for their teen years.
- communicate with their parents.
- deal with stress and peer pressure.
- avoid alcohol and drug problems.

*The program includes a **FREE** weekly dinner (local restaurant gift card) for the entire family.*

This virtual program runs for seven weeks, two evenings per week:

- **Tuesday and Wednesday evenings, starting February 15, 2022**
  - Tuesday evenings 6-7 pm (youth session)
  - Wednesday evenings 6-8pm (parent session 6-7pm, followed by family session 7-8pm)
- **You will need:**
  - Phone or computer with internet connection
  - Zoom capabilities



**Space is LIMITED, so register early!**

Don't miss this exciting opportunity to strengthen your family and help your child transition into their teen years!



The Pennsylvania State University encourages qualified persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Juli Tracy at 570-561-2164 in advance of your participation or visit.

**This publication is available in alternative media on request.**

For more information, contact:

**Dave Walsh**

Riverside Elementary East  
school principal  
570-562-2121

or

**Juli Tracy**

Penn State Extension  
570-561-2164

An **OUTREACH** program of the College of Agricultural Sciences

**extension.psu.edu**

**Registration Form**

*Please return this form to: Dave Walsh, school principal, DWalsh@riversidesd.com*

Yes, please register our family for The Strengthening Families Program on Tues/Wed, starting February 15.

Name of Adult(s) \_\_\_\_\_

Name of 5th or 6th Grade Child \_\_\_\_\_ Grade \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number \_\_\_\_\_ E-mail \_\_\_\_\_

A **free** family meal (gift card) will be provided weekly. Please indicate:

# of people attending the family meal: \_\_\_\_\_ Dietary needs or food allergies: \_\_\_\_\_