



Strengthening Families Program: for Parents and Youth 10-14

**A FREE program for parents and caregivers
and their 5th and 6th grade children.**

**Attend this fun 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.

The program includes a **FREE** dinner for the entire family and child care for younger family members.

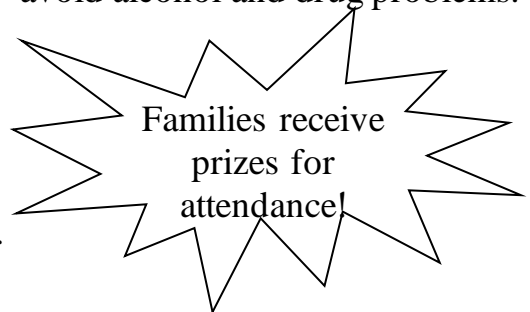
Seven sessions will be held on:

➤ **Mondays starting February 24, 2020**
from 5:30 – 8:00 p.m. at the Riverside Elementary East School.

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!

Kids can learn to:

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



For more information contact:

Mr. Walsh
Riverside Elementary
principal
570-562-2121

or

Karen Thomas
Penn State Extension
570-963-6842 ext. 1382



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Registration Form

Please return this form to: Mr. Walsh, Riverside Elementary East principal.

Yes, please register our family for The Strengthening Families Program on Mondays starting February 24, 2020.

Name of Adult(s): _____

Name of 5th or 6th Grade Child: _____ Grade: _____

Street address: _____

City _____ Zip Code _____

Phone Number: _____ E-mail: _____

A free family meal will be provided at 5:30 p.m. for all sessions. Please indicate:

of people attending the family meal: _____ Dietary needs or food allergies: _____

Free childcare will be provided for younger children in the family. Please provide their name(s) and age:

Name: _____ Age: _____ Name: _____ Age: _____

Name: _____ Age: _____ Name: _____ Age: _____