



**Mid-Columbia
Child & Family Center, Inc.**



Strengthening Families Program For Parents and Youth 10-14

Learn How To:

Prepare for the Teen Years
Avoid Problems with Drugs and Alcohol
Strengthen Family Communication



Parents/Caregivers will discuss:

- What youth are like at this age
- Making rules and consequences
- How to solve problems with youth
- Ways to show love and support



Youth will learn to:

- Handle frustration
- Resist peer pressure
- Appreciate parent/caregivers
- Get along with others



Families will:

- Have fun with activities and games
- Discuss what makes your family strong
- Solve problems together

Thursdays, January 27 thru March 10, 2011

The Dalles Middle School

Dinner @ 5:30 pm; Class from 6:00-8:00 pm

Class, Dinner and Child Care Provided FREE by Mid-Columbia Child & Family Center and YouthThink

\$20 gift card per family who attends a minimum of 6/7 classes

Pre-Registration Required – Class Size Limited to 10 Families

Call Darcy @ (541) 980-7184