



Sessions begin February 11, 2022  
Friday nights or Saturday mornings are  
available

**Quincy Middle School**

**7 weekly sessions**

**Sessions in Spanish**

**Sessions are highly interactive**

**FREE Dinner is provided**

**For more information:**  
Scan code or call (509) 289-2618



<https://forms.gle/G6T5VS6rz4.9ef74e7>



# Strengthening Families

**Strengthening Families Program: For Parents and Youth 10-14**

**Help your family learn to:**

- Manage emotions
- Set goals
- Avoid peer pressure
- Make better decisions
- Create better relationships
- Show love while setting limits
- Listen to your child
- Help family members show appreciation to each other

**All families have strengths.**



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