

FREE

Strengthening Families

Weathering the teen years ...with ease!

What to expect:

- 6 session series
- FREE family meal
- FREE childcare for younger children
- Activities and Games
- Prizes!!
- Fun!!

Topics to expect:

- ♦ Rules & rule-breaking: How to set limits while supporting growth
- ♦ What children and parents need from each other
- ♦ Emotions and moods
- ♦ The challenges of friends, curfews, alcohol, dating and more
- ♦ Keeping family love alive



For: Parents/caregivers AND their 10-14 year olds

Where: River Ridge School District

**When: Thursday evenings:
April 10th-May 15, 2014
5:30 p.m. FREE family meal
6-8 p.m. activities**

**Pre-registration required
Space for 10 families**

To register:

Call Bev Doll at 723-2125 or

E-mail bev.doll@ces.uwex.edu

Sign up by April 7th!



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