

**Strengthening Families
REGISTRATION FORM
Register by March 14th**

Parent/Caregiver Names:

Address _____

City _____ Zip _____

Telephone (_____) _____

Names and ages of youth ages 10-14:

Name _____ Age _____

Name _____ Age _____

**Names and ages of other children who
need childcare during sessions:**

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____

Any diet restrictions or food allergies?

**Return your completed registration
form and \$20 per family (unless you
receive a scholarship) by
Thursday, March 14, 2013**

**UWEX Family Living
480 Underwood Avenue
PO Box 338
Montello, WI 53949**



You and your family will:

- * eat dinner together and enjoy family activities
- * learn useful, tested tools for getting along and helping each other
- * pick up new communication and coping skills
- * understand setting and keeping healthy boundaries
- * get to know each other better while having fun
- * feel more relaxed as a family

Strengthening Families is brought to you by

Marquette County UW-Extension Family Living and
Healthy Communities Healthy Youth (HCHY)



UW-Extension provides equal opportunities in programming, including ADA requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible before the scheduled event.

**Register now for
Strengthening
Families Program**

*An enjoyable seven-week
program for parents and youth
ages 10-14*

Proven, positive results!



*Starts Thursday, March 21
Register by Thursday, March 14*

*Family Meals and Childcare
provided at no cost to you*

Strengthening Families Program

What are families around here saying?

“Informative, fun, interactive and a good experience.”

“I got the chance to talk to other parents and remember that we are not the only ones with these struggles.”

“How great - it has helped me and my child. We are way better people.”

“Take it if it’s available. Really helped me!”

“It was our daughter’s idea that we attend and we decided to make it a priority. It was a good decision!”

“Good fun. Take the class.”

“Even if you think you know everything about raising your children, this program will open your heart & mind even more. It is an amazing program.”

Questions are always welcome!

Sue Allen, 608-297-3139
susan.allen@ces.uwex.edu

Who is invited?

Parents or caregivers with your youth ages ten to fourteen (10-14).

What happens?

1. Attend for seven (7) Thursday evenings.
2. Every Thursday evening starts with a nutritious family meal for the entire family including younger children.
3. Then parents and youth meet separately for an hour with their own group leader.
4. Then families come back together for family activities.

Childcare is provided

Free, quality childcare is provided for children under 10 during the learning times. Bring children with you for the meal and evening!

When to show up

Seven (7) Thursday evenings
5:00-8:00 p.m. Family meal & program every week
Starts Thursday, March 21, 2013
Ends Thursday, May 9, 2013 (no class April 18th)

Where to show up

Old Neshkoro Elementary School
114 E. Park Street, Neshkoro, WI

Cost per family

\$20 per family to register. Receive \$30 upon completion of all seven (7) Thursdays. Full scholarships available; please inquire.

Gifts for you

\$10.00 will be given to each family upon completing each Thursday night

All kinds of families are invited
**Single-parent, Two-parent, Foster,
Adopted, Blended, and Step.**

If your child is age 10-14 and you . . .

- * *sometimes worry about their behavior or choices*
- * *wonder how they will handle peer pressure*
- * *would like to improve your family atmosphere or prevent conflict*
- * *would like to tone up your parenting skills*
- * *would like your child to grow more confident and have strong, positive life skills*
- * *would like to have someone else prepare, serve and clean up a nutritious family meal each week*
- * *would like to HAVE FUN!*

**. . . then Strengthening Families
is for you!**



Strengthening Families is used across the U.S., Wisconsin, and our local area. It is one of the most effective family programs, and is recommended by participants and professionals. Learn more at <http://www.extension.iastate.edu/sfp/>