

Child & Family Focus

THE PROGRAM: Backed by extensive research, **the Strengthening Families 10-14 Program** utilizes evidence-based strategies to enhance parenting skills and family dynamics. The curriculum is tailored to address the unique needs of families with children aged 10 to 14, providing practical solutions for real-world challenges. **We will meet on Mondays and Thursdays from 5:30 to 8:00 PM Via ZOOM starting on 2/22/2024. The Registration Link is on the flyer below.**

FOR PARENTS: Raising kids isn't always easy. It's important for parents and caregivers to seek support and prioritize self-care to navigate parenting challenges effectively.

FOR YOUTH: Being a youth today comes with its own set of challenges and complexities. Factors like academic stress, social media pressure, and peer relationships can be stressful.

FOR FAMILIES: At its core, the Strengthening Families 10-14 Program recognizes that families are the foundation of a child's development. Strengthening Families 10-14 Program is an evidence-based, skill-building workshop that brings parents and children together to foster communication, understanding, and mutual respect.

THE PRIZES: We know attending this program is a big commitment for families and for that reason we offer incentives. Families who attend will get a **\$35 meal stipend** for each session they attend. Additional prizes are given away at each session and each family who participates in at least 6 out of the 7 sessions will **receive a gift card valued at \$200 at the end of the program** (gifts and prizes cannot be for stores, restaurants, or other locations that sell alcohol or tobacco products).

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Attachments:



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