

# Strengthening Families Program

*for caregivers and youth age 10-14*

Supporting families over seven weeks by:

- Building on family strengths
- Preventing teen substance abuse
- Teaching teens how to resist peer pressure
- Strengthening family communication
- Providing tools for effectively parenting teens

All families can benefit from learning more ways to navigate the early teen years successfully! The Strengthening Families Program (SFP) helps both parents and youth ages 10-14 with communication skills, stress management, and finding ways to connect.

## 2021 Virtual Programs:

Jan. 25 - Mar. 15 | Mon. & Tues. | 6:30-7:30 | ENGLISH

Feb. 17 - Mar. 31 | Wed. & Thurs. | 6:30-7:30 | ENGLISH

15 de Marzo - 3 de Mayo | Lunes & Miercoles | 5pm - 6pm | ESPAÑOL

Mar. 22 - May. 10 | Mon. & Tues. | 5:30-6:30 | ENGLISH

Apr. 13 - TBD | Concrete Families | ENGLISH

**Register Online: <https://bit.ly/SkagitVirtualSFP>**

For questions or to register, email Erynn Sendrick:  
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Building Healthier  
*Communities*

