



Strengthening Families

Thursdays, starting April 4th — June 6th, 6:00-8:30pm

10 weeks to better communication and relationships in your home.

Free dinner for the whole family; childcare for children under 13.

Class for teenagers 13 years or older.

Week 1: Happy Families—Healthy Brain Connection

Week 2: Notice and Compliment the Good Daily

Week 3: Great Communication Skills and Fun Family Meetings

Week 4: Stress and Anger Management Skills

Week 5: Rules, Rewards and Responsibilities

Week 6: Limits and Consequences

Week 7: Goals and Contracts to Change Behavior

Week 8: Problem Solving and Win-Win Negotiation

Week 9: Alcohol, Tobacco, and Other Drugs Hijack the Teen Brain

Week 10: Choosing Friends and Monitoring Kids' Activities



To register: 385.468.4525 cparkinson@slco.org

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