

Strengthening Families

A **FREE** program for parents and caregivers and their 5th and 6th grade children.

Attend this fun program to help your child transition to the middle school successfully and make your strong family stronger!



Parents and caregivers can enhance their parenting skills by:

- learning to set limits and showing love.
- making house rules.
- encouraging good behavior.
- protecting their children from substance abuse.
- learning to handle stress.

The program includes a **FREE** weekly dinner for the entire family and child care for younger family members.

Seven sessions will be held on:

- **Tuesdays starting February 12, 2019**

from 5:30 – 8:00 p.m. at the Western Wayne Middle School.

Space is limited so register early! Don't miss this exciting opportunity to strengthen your family and help your child transition into their teen years!

Kids can learn to:

- prepare for their teen years.
- communicate with their parents.
- deal with stress and peer pressure.
- avoid alcohol and drug problems.



For more information contact:

Mrs. Donohue,
Middle School Principal
(800) 321-9973 option 2

or

Karen Thomas
Penn State Extension
570-963-6842



The Pennsylvania State University encourages qualified persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact Karen Thomas at 570-963-6842 in advance of your participation or visit.

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An **OUTREACH** program of the College of Agricultural Sciences

extension.psu.edu

Registration Form

Please return this form to: **Kristen Donohue, Western Wayne Middle School Principal, 800-321-9973 option 2.**

___ Yes, please register our family for The Strengthening Families Program on Tuesdays starting February 12.

Name of Adult(s): _____

Name of 5th or 6th Grade Child: _____ Grade _____

Home Address: _____

City _____ State _____ Zip Code _____

Phone Number: _____ E-mail: _____

A free family meal will be provided at 5:30 p.m. for all sessions. Please indicate:

of people attending the family meal: _____ Dietary needs or food allergies: _____

Free childcare will be provided for younger children in the family. Please provide their name(s) and age:

Name: _____ Age: _____ Name: _____ Age: _____

Name: _____ Age: _____ Name: _____ Age: _____