



# STRENGTHENING FAMILIES

For Parents/Caregivers and Youth ages 10-14  
 Thursdays, May 2<sup>nd</sup> \* - June 13<sup>th</sup>, 2013  
*Seven sessions, one session per week*  
 5:30\* - 8:00 pm

## Mountain View Middle School

2400 Perry Avenue, Bremerton, WA 98310

- Free dinner will be served to your family
- Free childcare available for children age 2+

**Enrollment limited to 12 families!**

\*May 2<sup>nd</sup> session starts at 5:00 p.m.

### PARENTS LEARN:

- What to expect from their adolescent children
- Over a dozen tools for effectively parenting teens
- How to set limits and show love during the pre-teen and teen years

### YOUTH LEARN:

- How to resist peer pressure
- How to handle angry feelings and manage stress
- How to choose positive friends
- Appreciation for their parents

*Fill out the registration form below and return by April 26th to:  
 Mountain View Middle School 7<sup>th</sup> Grade Office*

*Questions? Contact Joyce Cowdery (360) 620-7291; joyce.cowdery@bremertonschools.org*

Parent/Caregivers' Names: #1 \_\_\_\_\_ #2 \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Name(s) of youth (ages 10-14) enrolled in class **NOTE: Each youth must be accompanied by one adult to classes**

1. Youth Name \_\_\_\_\_ Age: \_\_\_\_\_

2. Youth Name \_\_\_\_\_ Age: \_\_\_\_\_

Please help us prepare for childcare by listing the names and ages of children age 2+ that you plan to bring

Child's Name \_\_\_\_\_ Age \_\_\_\_\_; Child's Name \_\_\_\_\_ Age \_\_\_\_\_

*Extension programs and employment are available to all without discrimination.  
 Evidence of noncompliance may be reported through your local Extension office.*

*This program is sponsored by  
 The Bremerton Substance Abuse Coalition  
 with funding from  
 Division of Behavioral Health & Recovery (DBHR)*

