



STRENGTHENING *families* **PROGRAM**

For Parents and Youth 10-13

**For Information or
Registration call:**

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Program Director
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Help Your Youth:

- Prepare for teen years
- Avoid Problems with drugs and alcohol
- Strengthen family communication

Join Us For Seven Sessions:

- Family discussions and games
- Parent discussion
- Youth activities

Parents/Caregivers Will Discuss:

- What youth this age are like
- Making rules and consequences
- How to solve problems with youth
- Ways to show love and support

Youth Will Learn To:

- Handle frustration
- Resist peer pressure
- Appreciate parent/caregivers
- Get along with others

Families Will:

- Have fun in activities and games
- Discuss what makes your family strong
- Solve problems together
- Participate in community projects



Community Health Resources working collaboratively with Enfield Youth Services and funded by CT Department of Child and Families.