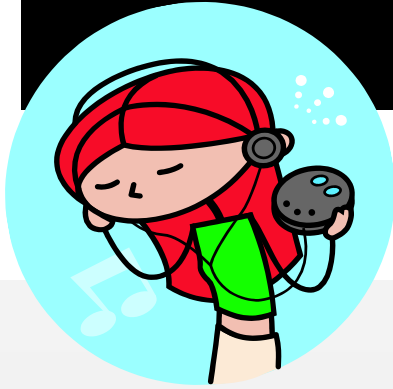


# Strengthening Families



## Improving Relationships between parents and youth.



Join us for seven  
weekly sessions:

Dinner  
Activities  
Discussion  
Games

Time  
6:00-8:30

Start Dates

Monday, September 10  
King Elementary

Monday, November 5  
Odyssey Elementary

Monday, January 28  
West Point Elementary

Monday, April 8  
Clinton Elementary

*Limited childcare available*

**to register:**

Contact Angie Smith  
801-773-7060 extension 502  
Or [www.dbhprevention.org](http://www.dbhprevention.org)

*A Program for Parents & Youth ages 10 to 14.*

Do you sometimes worry about your youth's behavior or choices, wonder how they will handle peer pressure, or do you struggle to bond with them? Would you like to improve your family atmosphere or prevent conflict?

**The Strengthening Families program can help!**

**Help your youth:**

- ◆ Prepare for their teen years
- ◆ Strengthen family communication
- ◆ Increase school performance
- ◆ Handle frustration
- ◆ Resist peer pressure
- ◆ Build positive relationships with family members



**Parents will learn:**

- ◆ How to solve problem with their youth
- ◆ Effective ways to establish rules and consequences
- ◆ Positive management of emotions
- ◆ Will discuss ways to show love and support

**Families will:**

- ◆ Learn how to solve problems together
- ◆ Discuss what makes their family strong
- ◆ Engage in fun activities and games

*Dinner will be served at  
6:00, followed by break out  
instructional sessions and a  
family activity to end the  
night..*