

**Open to any family
who has a student at
NLMS**

Strengthening Families Program

@ North Lake Middle School

Join us!

Ursula Williams (School Counselor), Ashli Ordoña (Mental Health Specialist), & Karen Tadio (Family Engagement Specialist) are leading Strengthening Families Groups at North Lake Middle School.

What is Strengthening Families?

- Parenting skills, teen life skills, & family skills training courses taught in group sessions.
- 7 weekly group sessions, 2 hours long. First hour students & parents meet separately, 2nd hour families do activities together.
- for parents/caregivers & their pre-teen student(s) (10-14 years old).
- **Family meal** provided before group starts.
- On-site **child care** for younger children may be available during group sessions.
- Families who participate will increase family strengths and relationships (research-based program).



Questions?

To learn more or sign up for the next group:

Contact Ashli Ordoña at 425-335-1679

ashli_ordona@lkstevens.wednet.edu

Enrollment is based on spaces available and at the discretion of the group facilitators. This group is an educational program (not a therapy group) and might not satisfy requirements of court-ordered parenting classes.