WILLIAMSON ELEMENTARY SESSION
****ALL FCUSD FAMILIES ARE WELCOME!****

In this 10-week program, the whole family has an opportunity to learn how to:

- **Bond** with family members; listen, understand and validate each other's feelings, and **banish** communication boulders
- **Set boundaries** that keep kids away from alcohol and drugs, and **monitor** their activities
- **Pre-problem solve,** set up **win-win negotiations** and say **no** to potentially dangerous anti-social situations
- **Create** positive routines that teach kids responsibility
- **Make contracts** for **change**: teach kids to **set goals for success**
- **Reduce** stress, through mindfulness exercises and **re-program** the brain to step away from anger;

DINNER IS PROVIDED! Children, age 7 and up, are invited to join this program with their families. For younger children, there is a childcare center on-site for parents enrolled in the SFP program.

Registration Information can be found here:

https://www.fcusd.org/departments/health/sfp

- **Williamson Elementary, multi purpose room**
- **2275 Benita Dr, Rancho Cordova, CA 95670**
- **Tuesdays 5:45 pm – 8:00 pm**
- **1/14, 1/21, 1/28, 2/4, 2/11, 2/25, 3/ 4, 3/11, 3/18 and graduation 3/25**