Strengthening Families 2025-26
Mangini Ranch Elementary Session
******ALL FCUSD FAMILIES 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

Registration:

www.fcusd.org/departments/health/sfp

Tuesdays:

- 5:45 pm to 8:00 pm
- Mangini Elementary School, 4640 Sparrow Drive, Folsom, CA 95630
- 3/3, 3/10, 3/17, 3/24, 3/31, 4/14, 4/21, 4/28, 5/5 and graduation 5/12