

# An Exciting Opportunity for Families!



## Strengthening Families Program for Parents and their Middle Schoolers

What: A weekly class for Parents and Youth

When: Tuesdays 10/23-12/18

(no class 11/20 or 12/4)

**Childcare and  
Dinner Provided**

**\$50 Gift Card for  
Good Attendance**

Where: Whitford Middle School  
7935 SW Scholls Ferry Rd  
Beaverton, OR 97008

Time: 5:30-6:00 Dinner  
6:00-8:00 Class

### Benefits for Youth:

- Learn ways that you can handle stress, anger and peer pressure.
- Have fun with your family and friends.

### Benefits for Parents:

- Practice strategies that help you to effectively parent teens.
- Learn what to expect from your middle schooler.
- Share and discuss parenting issues with other parents.

### How to sign up:

To reserve a spot, call or email Koali Blumer-Buell at 503-568-1144 or [koalib@lifeworksnw.org](mailto:koalib@lifeworksnw.org). Please provide your name, phone number, number of children needing childcare, and the number of adults and youth ages 10-14 planning to attend.

Coordinated by LifeWorks NW; funded by Washington County Children Youth & Families Division and outreach and promotion through ParentingTogether Washington County.