

Free

Virtual Strengthening Families Class for Parents and their Children in Grades 5-8

A program for strengthening families designed specifically for parents and caregivers with their 10 - 14 year old adolescents.

Parents and youth will join in a Zoom meeting once a week with parents meeting first and youth second. In between weekly meetings, families will be assigned activities and worksheets to complete.

Benefits for Parents/Caregivers:

- Practice strategies that help you to effectively parent young teens.
- Learn what to expect from your early adolescent children.
- Establishing boundaries.

Benefits for Youth:

- Learn positive ways that you can handle stress, anger and peer pressure.
- How to choose positive friendships.
- Spend positive time with your friends and family.

When:

Every Tuesday from
October 27th to December 15th
(No class on November 24th)
Join via Zoom - 6:30-8:30pm

You will need the following:

- *A working email address
- *An electronic device that can run Zoom
- *A commitment to fulfill the assigned activities and have a personal check-in with the facilitator (by phone) each week in between Zoom sessions
- *Incentives will be awarded to families who fully participate in 6 of the 7 Zoom sessions
- *The ability to be flexible as we all learn together in a virtual platform

To sign up contact:

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In cooperation with Five Oaks Middle School, this program is coordinated by Lifeworks NW and funded by Washington County.

Registration priority will go to our Five Oaks recruitment partners but all families are welcome to register as space allows.