

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 youth meeting first and parents meeting 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.

In cooperation with Hillsboro School District, this program is coordinated by Lifeworks NW and funded by Washington County.



When:

Every Tuesday from
April 6th to May 18th
Join via Zoom - 6:30-8:30pm

You will need the following:

- *An electronic device that can run Zoom
- *An email address you can check weekly
- *A commitment to fulfill the assigned activities and have a personal check-in with the facilitator (by phone) each week in between Zoom sessions
- *Parents and Youth both attend each of the sessions earning incentives which will be awarded for participation in 6 of the 7 Zoom sessions

For registration please contact:
Jennifer Alexander
503-686-9888
jennifer.alexander@lifeworksnw.org

Contacto para Español
Lifeworks: 971-727-8026