

STRENGTHENING FAMILIES

A free class designed specifically for parents and caregivers with their 10 - 14 year old child/adolescent

When: Every Tuesday from October 23 to December 1. **Join via Zoom:** 6:30-8:30 pm (parents/caregivers from 6:30-7:30 pm and child/adolescent from 7:30-8:30 pm)

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

Parents/Caregivers: Practice strategies that help you to effectively parent young teens.

Youth: Learn positive ways that you can handle stress, anger and peer pressure.

To register for this free class, please contact:

Angelica Cruz

503-887-9149

This program is coordinated by Lifeworks NW and funded by Parenting Together Washington County.



LIFEWORXNW

WELLBEING FOR ALL