



# Strengthening Families

**A free Zoom class for caregivers and children 10–14**

**When:** Every Wednesday, October 4th–November 15th

6:30–7:30 pm youth session • 7:30–8:30 pm caregiver session

**Caregivers will learn strategies to effectively parent young teens, including:**

- How to help them reach their goals.
- How to better understand and communicate with their children.
- How to protect against substance abuse and risky behaviors.
- How to discipline and guide youth effectively.

**Youth will learn the skills they need to be independent, including:**

- How to visualize their goals and dreams for the future.
- How to identify stressful situations and learn healthy coping strategies.
- How to resist peer pressure and take pride in their responsibilities to others.
- And more!

**To register or request more information, please contact: Kelsey Gibbs 503-901-7488.**

This program is coordinated by LifeWorks NW & funded by Parenting Together Washington County.