



STRENGTHENING *Families* PROGRAM FOR PARENTS AND YOUTH 10-14



FAMILY PROGRAM

Strengthening Families Program: For Parents and Youth 10-14 can help your family learn to manage emotions, set goals, avoid peer pressure, make better decisions and create better relationships. You will learn how to show love while setting limits, how to listen to your child, and how to help family members show appreciation to each other.

Sundays, January 19 - March 1 from 12:15-2:45 pm
Lutheran Church of the Cross | 1701 8th St. SW, Altoona, IA 50009

Workshops

January 19
January 26
February 2
February 9
February 16
February 23
March 1

Program intended for youth ages 10-14 and their parents

A FREE meal and child care will be provided

Registration is required. ***Please register before January 13th*** using the following link:

www.lccaltoona.org/register

To learn more about the program, visit the website at

[https:// www.extension.iastate.edu/sfp10-14/](https://www.extension.iastate.edu/sfp10-14/)

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