



STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14



Virtual 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. *For Families who live in Polk and Dallas counties.

Mondays: Youth Session 7:00 pm-8:00 pm

Tuesdays: Parent and Family Session 6:00 pm-8:00 pm

Workshops

January 25 & 26

February 1 & 2

February 8 & 9

February 15 & 16

February 22 & 23

March 1 & 2

March 8 & 9

Registration is required. ***Please register before January 18*** using the following link:

<https://tinyurl.com/SFPseries>

Questions contact: **Cassie Odland** at odlandc@iastate.edu
515-446-8477

To learn more about the program, visit the website:

<https://www.extension.iastate.edu/sfp10-14/>

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