



# FREE - FREE - FREE - FREE - FREE - FREE

## Strengthening Families Class for the whole family - Parents/Caregivers and Youth ages 10-14

Class Enrollment is limited to 5-12 families  
**REGISTER TODAY!**

Eight sessions total on Wednesdays

April 18, 25, May 2, 9, 16, 23, 30 and June 6

5:30 - 8:15 p.m. in Longview

-Dinner will be served each evening for your family

-Childcare/4-H Activities are available for children age 3-9

**Prizes**

**FREE**



### HORSES - HORSES - HORSES

Those meeting attendance and evaluation requirements will be invited to spend 1 or 2 Saturday sessions with horses



June 2-Learning with Horses; June 9-Celebrating with Horses

Each qualifying parent/caregiver and youth 10-14-years-old will have an opportunity to handle and learn from horses.

### Throughout the Strengthening Families classes:

**FAMILIES will:**

- \* Solve problems together
- \* Build family strengths through games and fun

**PARENTS will:**

- \* Build understanding and parenting of teens through a dozen parenting tools

**YOUTH will:**

- \* Engage in fun, hands-on activities
- \* Develop skills for peer pressure, stress management, and positive relationships

Fill out the registration form on the back and call or **return by Tuesday, April 17**

## **FREE Strengthening Families Class for the Whole Family – Parents/Caregivers and Youth 10-14 Years-Old**



The Strengthening Families class is for parents/caregivers and their youth ages 10 through 14. The class is designed to help families deal with the stress of raising youth and dealing with everyday life. Some of the topics covered are:

- dealing with everyday stressors
- family communication
- setting limits with love
- problem solving
- and lots more!

Family meals, weekly prize drawings, hands-on activities, and childcare/activities are included each week. Childcare is provided for children age 3-5 and 4-H Activities are provided for children in Kindergarten through nine years old. The class is free to families and is sponsored by WSU Extension Cowlitz County.

**The Strengthening Families Class will be held once a week for eight weeks from 5:30 p.m. – 8:15 p.m. beginning Wednesday, April 18, in Longview.**

**Dinner will be provided for your family each evening at 5:30 p.m.**

**Parents/caregivers and youth 10-14 years-old who meet attendance and evaluation requirements will be invited to spend time handling and learning with horses on Saturdays, June 2 and June 9.**

**To register: Fill out the registration form below and call or return by Tuesday, April 17**

E-mail - Ramona Leber, WSU/SFP Coordinator, [sfpwsucowlitz@hotmail.com](mailto:sfpwsucowlitz@hotmail.com), 360-261-3971

In Person - WSU Extension Cowlitz County, 1946 3<sup>rd</sup> Ave., Longview (Use mail slot after hours).

---

**SPRING 2018 STRENGTHENING FAMILIES CLASS, Longview - APRIL - JUNE 2018**

Parent/Caregivers' Names: #1 \_\_\_\_\_ #2 \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Names of youth (ages 10-14) enrolled in the class: (NOTE: A parent or caregiver must accompany the youth.)**

1. Youth Name \_\_\_\_\_ Age: \_\_\_\_\_

2. Youth Name \_\_\_\_\_ Age: \_\_\_\_\_

Please help us prepare for younger children's childcare or activities by listing the name(s) and age(s) of children (ages 3-9) that you plan to bring:

Child's Name \_\_\_\_\_ Age \_\_\_\_\_; Child's Name \_\_\_\_\_ Age \_\_\_\_\_