



Strengthening Families Program

April – May 2018

- Dinner will be served to your family
- Childcare is provided for children under 10
- Enrollment limited to 12 families!
- \$35 fee for 7-week class - scholarships available

FOR PARENTS & YOUTH AGES 10 - 14 – PLEASE JOIN US!!

HELP YOUR YOUTH:

- Prepare for the teen years
- Strengthen family communication
- Avoid problems with drugs and alcohol

PARENTS/CAREGIVERS LEARN:

- What to expect from their adolescent children
- Over a dozen tools for effectively parenting teens
- How to set limits and show love during the pre-teen and teen years

YOUTH LEARN:

- How to resist peer pressure
- How to handle angry feelings and manage stress
- How to choose positive friends
- Appreciation for their parents

FAMILIES WILL:

- Have fun playing games & doing activities together
- Discuss what makes your family strong
- Solve problems together

Cost: \$35 per family registration fee
(*scholarships are available – just ask*)
Make checks payable to “Whatcom 4-H Council”

To Register: Please return the attached registration form to
1000 N Forest Bellingham, WA 98225
or register by email: kate.foster@wsu.edu

More INFO: <http://sfp.wsu.edu>

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Registration Form

Parent/Caregiver Name(s) _____

Address _____

Phone _____ Email _____

10-14 year old students attending the program:

Name _____ Age _____

Name _____ Age _____

Media Release: I give my permission to have my image/ voice and my child's image/ voice used by Washington State University Extension for educational purposes. I understand tha my inage/ voice mayb e use din a presentation to help illustrate and explain the education programs of Washington State University Extension.

Date: _____ Signature _____

Please check all that apply:

- \$10 deposit enclosed, remaining amount to be paid on the first night
- Full registration fee of \$35 enclosed
- Scholarship needed. Amount we can pay _____
- Childcare needed (for children under 10)

Name of child _____ Age _____

Name of child _____ Age _____

Name of child _____ Age _____

This program is a joint effort by Washington State University, Ferndale School District & Whatcom 4-H Council.



*WSU Extension programs and employment are available to all without discrimination.
Evidence of noncompliance may be reported through your local WSU Extension office.*