

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

*(A partnership between the Castle Rock CARE Coalition and  
WSU Extension Cowlitz County)*

### ***Coming to Castle Rock April 15, 2019***

Strengthening Families is for parents/caregivers and their youth ages 10 through 14. The class is designed to help families deal with the many stressors involved in raising youth and in dealing with everyday life. Some of the topics covered are: dealing with every day stressors; family communication; setting limits; problem solving; and lots more!

Family meals, weekly 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 the Castle Rock CARE Coalition through a grant from WA's Health Care Authority and WSU Extension Cowlitz County through a grant from Cowlitz County Health & Human Services.

**The Strengthening Families Class will be held once a week for eight weeks from 6:00 p.m.–8:30 p.m. beginning Monday, April 15, 2019, at Castle Rock United Methodist Church, located at 241 1<sup>st</sup> Ave. SW, Castle Rock.**

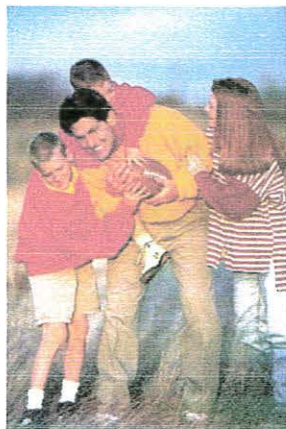
**Dinner will be provided for your family each week at 6:00 p.m.**

**If you would like to register for the program and/or have questions, please contact:**

- Ramona Leber, WSU/SFP Coordinator, at [sfpwsucowlitz@hotmail.com](mailto:sfpwsucowlitz@hotmail.com) or text/call (360) 261-3971.
- Lindsey Worley, Castle Rock CARE Coalition, [lworley@crschools.org](mailto:lworley@crschools.org).

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# 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 12 families  
**REGISTER TODAY!**

**FREE**

**MONDAYS** - Eight sessions total, one session per week

April 15, 22, 29, May 6, 13, 20, June 3 and 10

6:00 - 8:30 p.m.

**Castle Rock United Methodist Church**

241- 1<sup>st</sup> Ave. SW, Castle Rock

Dinner will be served each evening for your family

Supervision/4-H Activities available for children age 3-9

**Prizes**



**FAMILIES:**

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

**PARENTS:**

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

**YOUTH:**

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

Fill out the registration form below and **return by Friday, April 12** to:

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

**CASTLE ROCK UNITED METHODIST CHURCH** (Mondays beginning April 15)

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 \_\_\_\_\_