



Strengthening Families

First Session begins: 4/08/19 through 6/17/19

For: Parents/Caregivers and Youth (ages 6-18)

When: Monday evenings, 6:00 - 8:00 PM (10 weeks)

Where: North Branch Elementary School

4055 Elm Creek Rd. North Branch MI., 48461

Just because your child is growing up doesn't mean you have to grow apart. Strengthening Families helps families with youth (6-18) come together. This **free 10** week program is designed to help your family prepare for the various struggles that may lie ahead in the adolescent years.

Parents learn to:

- * Encourage good behavior
- * Set rules and consequences
- * Protect against substance abuse
- * Help with peer pressure
- * Learn ways to show love and set limits

Youth learn to:

- * Identify dreams and goals
- * Deal with stress
- * Follow rules and resist peer pressure
- * Handle conflict
- * Get along with others

To register: (or for more information)

Call Vicki, Lapeer County Health Department/AICC for
Strengthening Families, at (810) 667-0243 or email
tanglebrandt@lapeercounty.org

Free Dinner

catered from Bryan's Market



Lapeer County KIND
Kids in New Directions



Strengthening Families is provided in collaboration between MDHHS, Region10 PIHP, Lapeer County Health Department/AICC and Kids In New Directions (KIND)