

# Benefits:

## Parents 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 feelings and manage stress
- How to choose positive friends
- Appreciation for their parents

## For more information:

To learn more about Strengthening Families or to pre-register, call **TOGETHER!** at (360) 493-2230 x. 16 or visit our website at: [www.thurstontogether.org](http://www.thurstontogether.org).

*The Strengthening Families Program for Parents and Youth 10–14 years is a nationally recognized, science-based, Best Practices program, developed by Iowa State University, that serves families with preadolescents and young adolescents.*

*Cooperating Agencies: Washington State University, U.S. Department of Agriculture, and participating counties throughout Washington.*

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**TOGETHER!**  
Youth Violence, Alcohol, Tobacco, Drug Prevention

# STRENGTHENING *families* Program



**For Parents and Youth ages 10-14**

## Nationally recognized by:

- U.S. Department of Education
- Center for Prevention of Substance Abuse
- Office of Juvenile Justice and Delinquency Prevention

# Celebrating the Strengths of *Every* Family...



## How the Program Works:

- Created for parents/caregivers and youth ages 10–14.
- Seven two-hour sessions; the last session includes graduation.
- Dinner and childcare are provided at some locations.
- Parents and youth meet in separate groups for the first hour.
- Families have fun together and practice skills for the second hour.
- Taught by three trained facilitators.
- Helps parents and youth build on their strengths and grow together!

## Session Topics

### For Parents:

- Using love and limits
- Encouraging good behavior
- Building bridges
- Making house rules
- Protecting against substance abuse

### For Youth:

- Having goals and dreams
- Appreciating parents
- Dealing with stress
- Handling peer pressure
- Following house rules
- Reaching out to others

### For Family:

- Supporting goals and dreams
- Appreciating family members
- Understanding family values
- Using family meetings
- Building family communication
- Reaching family goals

## Program Comments: What have parents said?

*“It was fun and moved along quickly.”*

*“I liked listening to what has worked with other families.”*

*“I wish I could have attended when my two older kids were still at home. We benefited very much.”*

## What have kids said?

*“I didn’t realize how much my mom cared about me.”*

*“I learned what to say if someone is trying to get you in trouble.”*

*“I learned that my parents are fun to be with.”*

