

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

Contact information

To learn more about Strengthening Families or to register for a class, call TOGETHER! at (360) 493-2230, ext. 16, or email thouston@ThurstonTogether.org.

The Strengthening Families program for parents and youth ages 10–14 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
- TOGETHER!
- Participating counties throughout Washington

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STRENGTHENING families



For Parents/Caregivers
and Youth Ages 10-14

A free class that helps families:

Enhance communication
Build trust
Grow as a family

Nationally recognized by:

- U.S. Department of Education
- Center for Substance Abuse Prevention
- Office of Juvenile Justice & 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.”

