All families have strengths. This class will help them to become stronger. Strengthening Families is a family skills program that parents and their kids in 1st thru 12th grades learn TOGETHER to build a happier, healthier family.

**What can parents gain?**
- Become more connected to their kids and teens
- Develop positive family communication
- Provide effective discipline
- Set constructive limits
- Improved children’s behavior

**What can children gain?**
- Develop better communication and social skills
- Understand their feelings
- Solve problems
- Resist peer pressure
- Comply with family rules

Sign up by contacting **Rhonda Franks, RN**
FCUSD, Health Programs Office
(916) 294-9013 or rfranks@fcusd.org

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This Program is Sponsored by Folsom Cordova Unified School District