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

Weekly On-line Classes on Zoom beginning October 1, 2020
10-week series on Thursday evenings starting 10-1-20 thru 12-10-20,
No class 11-26-20 due to Thanksgiving break
6:30pm to 8:00pm