

Strengthening FAMILIES

**Free family dinner every session
Childcare provided for children**



New series starting! Sign up now!

Next series begins January 19, 2017

Location: Cordova Church of Christ
10577 Coloma Rd, Rancho Cordova

Contact: Kerri Kaye for more info, 916-294-9013

12 week series begins 1-19-17 & runs thru 4-6-17

This program is FREE and includes dinner, childcare and materials.

Strengthening Families – Research based classes for parents and their children ages 7-16. The classes are created to support and encourage the development of strong family ties, promote the integration of key principles in daily decision-making and assist with keeping kids safe from risk. The program features structured family activities, family meetings, children's games and activity planning.

What can parents gain?

- Improve family communication
- Provide effective discipline
- Set constructive limits
- Use attention and rewards to improve their children's behavior
- Understand the negative impact of substance abuse on family relationships

What can children gain?

- Develop better communication and social skills
- Understand their feelings
- Solve problems
- Resist peer pressure
- Learn the consequences of substance abuse
- Comply with family rules

Call Kerri Kaye, RN

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Office

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This program is sponsored by the Folsom Cordova Unified School District