



Strengthening Families

For Parents/Caregivers and Youth ages 10-14
 March 1st – April 12th, 2011

7 sessions, 1 session per week

Tuesday evenings 5:30 – 8:00 pm

- Free dinner will be served to your family
- Free childcare for children ages 2-12

Location: **Eckstein Middle School**
3003 NE 75th St. Seattle, WA 98115



Please JOIN us for an Orientation/Open House
Dinner on February 15th
At Eckstein Middle School
5:30 – 7pm
Room 125

PARENTS LEARN:

- ◇ What to expect from their adolescent
- ◇ 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 angry feelings and manage stress
- ◇ How to choose positive friends
- ◇ Appreciation for their parents

Fill out the registration form below and return to Child's school counselor or:

Kelly Kerby Call 206-252-5105, kmkerby@seattleschools.org for more information: <http://sfp.wsu.edu/index.htm>

Call or Email the information below

Parent/Caregivers' Names: #1 _____ #2 _____

Telephone: _____ Best time to call: _____ E-mail _____

Name(s) of youth (ages 10-14) enrolled in class NOTE: Each youth must be accompanied by one adult to classes

1. Youth Name _____ Age: _____

2. Youth Name _____ Age: _____

Please list any dietary restrictions or allergies _____ Food Preferences _____

If childcare is provided for children 2-9 years of age would you utilize it? No Yes, if so:

Child's Name _____ Age _____; Child's Name _____ Age _____