

# STRENGTHENING Families PROGRAM for parents and youth 10-14



"I learned what a good friend is  
and how to stay out of trouble."

Tuesdays at 5:30 p.m.  
Orange Baptist Church  
(October 25th - December 13th)



"We now enjoy family time together."



The Strengthening Families Program for families with youth ages 10-14 can help your family learn to manage emotions, set goals, avoid peer pressure, make better decisions and create better relationships.

This program is **FREE** and provides dinner, childcare for younger children, and a \$15 Sheetz gift card to cover transportation expenses **EACH** week!

All families have strengths. **This program will help your family become even stronger!**

To learn more about the Strengthening Families Program: For Parents and Youth 10-14, go to [www.extension.iastate.edu/sfp/](http://www.extension.iastate.edu/sfp/) or contact:

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