

# STRENGTHENING *Families* PROGRAM

FOR PARENTS AND YOUTH 10-14

**WHEN: March 3rd- April 14th starting at 5:30 PM**

**WHERE: YWCA, 120 W. Cunningham St., Butler**

LET THE STRENGTHENING FAMILIES PROGRAM HELP YOU FIND THE  
BALANCE OF SHOWING LOVE AND SETTING LIMITS

Parents and youth will attend **one evening per week for seven weeks** and have lots of fun together. They will learn ways to promote family bonding, keep the lines of family communication open, and use family strengths to solve problems together.

## Program Highlights

### Provided for FREE:

- Childcare
- Family Dinner
- Fun Family Games and Activities
- Weekly Prizes for youth and adults

### Parents will learn:

- Youth's developmental changes
- To help youth avoid substance use
- Setting appropriate limits
- Ways to show love and support

### Youth will learn:

- Good decision making and goal setting
- Peer pressure resistance skills
- Empathy and appreciation of parents/caregivers
- How to cope with stress

**Seats are limited!** To register, please contact Kim Andrews at  
KAndrews@KeystoneWellnessPrograms.org  
or by calling 724-432-3474



THIS PROGRAM IS COORINDATED ON BEHALF OF BUTLER COUNTY HUMAN SERVICES:DRUG AND ALCOHOL PROGRAM  
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