



LUMMI YOUTH SOCIAL SERVICES
PREVENTION PROGRAM

Strengthening Families Program

Starting January 29th

5:30 PM to 7:30 PM

Every Wednesday

Dinner Provided

2530 Kwina RD (Green Modular)

The Strengthening Families Program is an 11 week program. The classes consist of parenting skills, children's life skills, and family skills training.

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| 1/29/20 | Week 1– Intro Lesson; Happy Family– Healthy Brain Connection |
| 2/5/20 | Week 2– Notice and Compliment the Good Daily |
| 2/12/20 | Week 3– Great Communication Skills and Fun Family Meetings |
| 2/19/20 | Week 4– Rules, Rewards, and Responsibilities |
| 2/26/20 | Week 5– Limits and Consequences Encourage Good Behavior |
| 3/4/20 | Week 6– Problem Solving & Win-Win Negotiation |
| 3/11/20 | Week 7– Good Stress and Anger Management Skills |
| 3/18/20 | Week 8– Goals and Contracts to Change Good Behavior |
| 3/25/20 | Week 9– Alcohol, Tobacco, and Other Drugs Hijack the Brain |
| 4/1/20 | Week 10– Choosing Good Friends and Monitoring Kids Activities |
| 4/8/20 | Week 11– Values, Traditions, and Community Services (Family Celebration) |

For registration contact:

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