



**LUMMI YOUTH SOCIAL SERVICES
PREVENTION PROGRAM**

Strengthening Families Program

**Starting May 11th
5:30 PM to 7:30 PM
Every Wednesday
Dinner Provided
2330 Lummi View DR
(Lummi Youth Academy)**

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

5/11/22	Week 1– Intro Lesson; Happy Family– Healthy Brain Connection
5/18/22	Week 2– Notice and Compliment the Good Daily
5/25/22	Week 3– Great Communication Skills and Fun Family Meetings
6/1/22	Week 4– Rules, Rewards, and Responsibilities
6/8/22	Week 5– Limits and Consequences Encourage Good Behavior
6/15/22	Week 6– Problem Solving & Win-Win Negotiation
6/22/22	Week 7– Good Stress and Anger Management Skills
6/29/22	Week 8– Goals and Contracts to Change Good Behavior
7/6/22	Week 9– Alcohol, Tobacco, and Other Drugs Hijack the Brain
7/13/22	Week 10– Choosing Good Friends and Monitoring Kids Activities
7/20/22	Week 11– Values, Traditions, and Community Services (Family Celebration)

**For registration contact:
Winona Boxberger at 360-758-4218 or winonab@Lummi-nsn.gov**