



Strengthening Families Class

For Parents/Caregivers and Youth ages 10-14
 February 28th – April 10th, 2012

7 weeks, 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
 Room 125*

This is an interactive, fun, family class for all types of families: traditional, single parent, blended, adopted, and multigenerational. This class will give youth and caregivers tools to successfully transition into the teen years. Youth learn how to effectively negotiate and communicate with parents and friends. Parents learn what is developmentally appropriate for teens so they can set limits and grant privileges. Youth and Parents go to separate classes for the first hour and then families get to spend quality time together and practice skills allowing youth to have a stronger voice in the family.

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>
 *Open to families of students at Eckstein Middle School only

Fill out, 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: _____

"This project is supported by the King County Mental Health, Chemical Abuse and Dependency Services Division (MHCADSD) through Mental Illness and Drug Dependency funds."

