



# STRENGTHENING FAMILIES PROGRAM

FOR PARENTS AND YOUTH 10-14

**BUILD  
STRONGER  
FAMILIES IN  
SEVEN SESSIONS!**

**Strengthening Families Program:** For Parents and Youth 10-14 can help your family learn to manage emotions, set goals, avoid peer pressure, make better decisions and create better relationships.

You will learn how to show love while setting limits, how to listen to your child and how to help family members show appreciation to each other.

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

The Adolescent Clubhouse of Prince George's County will present to you a Strengthening Families Program. Program will run weekly in the evening from 6:00pm-8:00pm with dinner being served at 6:00pm sharp.

For additional questions please contact Shaquela Howard 240-990-7578 - [Sdhoward1@co.pg.md.us](mailto:Sdhoward1@co.pg.md.us)



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HEALTH  
DEPARTMENT

