



STRENGTHENING
Families PROGRAM
 FOR PARENTS AND YOUTH 10-14



FREE FAMILY PROGRAM

Strengthening Families Program: 10-14 is an evidence-based parent, youth and family skills-building curriculum. Learn to:

- Prevent substance abuse and behavior problems
- Strengthen parent-youth communication skills
- Increase academic success in youth
- Have fun together!

Tuesdays, February 26 - April 16 from 5:30 - 8:00 p.m.
St. Stephen Lutheran Church | 3510 72nd St. Urbandale, IA 50322

A FREE meal and child care will be provided.
 Program intended for youth ages 10-14 and their parents.

For questions and registration, please call or text Cassie at 515-414-9865 or register online at <https://tinyurl.com/urbandaleSFP>

- Workshops
 February 26
 March 5
 March 12
 March 26
 April 2
 April 9
 April 16

*No classes the week of Spring Break.

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