

Register Today 7 Tuesdays Feb 26th - April 9th

STRENGTHENING

LOVE AND LIMITS



families PROGRAM

Navigating the Teen Years:

For Parents and Youth 10-14

ARE YOU PREPARED FOR THE TEEN YEARS?

The Strengthening Families Program is a **FUN—FREE** program offered by Penn State Extension to help prepare 5th, 6th & 7th grade youth and their families for the transitions in junior high school and the teen years.



Help Youth Develop Positive Life Skills

Enrich Parenting skills

Strengthen Family Bonds & Communication

Spend a great evening of family fun & learning



Mount Pleasant
Strengthening Families
Program: For Parents &
Youth 10-14

- ◆ No cost
- ◆ Open to all families with youth ages 10 to 14 years old
- ◆ Each session starts with a family meal
- ◆ Free child care is provided for younger children in the family

7 Tuesday sessions

February 26th to April 9th

Norvelt Elementary School

5:30 p.m. to 8:00 p.m.

To register, contact Michele George—mzg226@psu.edu or 724-438-0111



PennState Extension



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