




Strengthening Families

The Strengthening Families Program is a 7-week fun, interactive workshop for students, **ages 10 to 14**, and parents/caregivers to enhance your skills in:

- Communication
 - Goal-setting
 - Peer pressure resistance
 - Positive management of stress and emotions
 - Joint family problem-solving
 - Positive discipline
 - Having FUN!
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The Program includes a FREE catered dinner and childcare for younger children. Participating families will receive a free gift card!

**Starting Thursday,
April 13th, 2023
From 5:30pm to
8:00pm**

**GUNSTON MIDDLE SCHOOL
2700 S LANG ST,
ARLINGTON, VA 22206**

