



**PACES**



## **Classes Begin April 25**

Tuesdays from 5:30 P.M. - 8:00 P.M.  
for seven sessions

### **Location:**

Avenue of Life Building  
500 N. 7th Street Trfwy.  
Kansas City, KS 66101

\*Park on street or in designated lot

### **Cost: FREE**

Dinner & childcare (ages 4-8) provided

### **Sign up now!**

There are only 20 spots available (10 for English-speaking and 10 for Spanish-speaking families) and will be on a first-come, first-serve basis.

## **STRENGTHENING *Families* PROGRAM**

**FOR PARENTS AND YOUTH 10-14**

### **GAIN THE TOOLS, SKILLS & STRATEGIES TO BUILD STRONGER FAMILIES IN SEVEN SESSIONS**

Are you looking to improve your relationship with your children? The Strengthening Families Program is open to English and Spanish-speaking families with children ages 10-14. Through this program, parents will learn how to build a positive relationship with their children, set appropriate limits and follow through on consequences.

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.



STRENGTHENING FAMILIES 10-14

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

# What to Expect

## What are the seven sessions like?

During the first hour, parents/caregivers and youth meet separately with facilitators.

- Facilitators lead guided discussions with parents focusing on improving family interactions.
- Youth participate in games and activities that teach them how to get along with peers, siblings and parents/caregivers.

During the second hour, parents/caregivers and youth meet as a family.

- Families bond by participating in activities and projects that develop communication and problem-solving skills.
- Families learn to help youth deal with peer pressure, improve communication skills, solve problems as a family and enjoy family time together.



## Topics covered:

- Peer pressure resistance
- Reducing stress
- Finding our family values
- Better communication skills
- Problem solving
- Goal setting
- Understanding each other better

## To Enroll

**For English-speaking families:** Call 913-521-3370 or visit [www.heartland180.org](http://www.heartland180.org) and click on the REFERRAL tab.

**For Spanish-speaking families:** Call Monica Enriquez at 913-263-6795 or email [monica.enriquez@wyandotbhn.org](mailto:monica.enriquez@wyandotbhn.org).