



COALITION RX

STRENGTHENING FAMILIES PROGRAM 10-14

Where: Bennington Public Library
11401 N 156th St Bennington, NE

Contact: Jacob Peterson
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RSVP: [sfp10-14crx.eventbrite.com](https://www.eventbrite.com/e/sfp10-14crx)

This class is open to any parent/caregiver and children ages 10-14 years old. It is a 7-week program geared towards creating positive engagement and family involvement improving communication between parents/caregivers and children and strengthening their relationships. Dinner will be served at 6pm with class starting at 6:30pm.

When: Tuesdays 6-8:30pm

February 18, 25

March 3, 17, 24, 31

April 7

The following topics are covered through various activities, videos, games, projects and discussions:

- Prevent substance abuse
- Identifying and reducing stress
- Resisting peer pressure
- Learning how to set and follow house rules
- improved communication skills
- Learn how to set goals individually and as a family
- Learn how to use rewards and consequences effectively

