



**STRENGTHENING**  
**Families PROGRAM**  
for parents and youth 10-14

**Space is limited so register early! Don't miss this exciting opportunity to strengthen your family and help your child transition into their teen years!**

## THURSDAYS FEBRUARY 29 – APRIL 18 STRENGTHENING FAMILIES

**A FREE program for parents and caregivers and their Middle School children, ages 10-14.** Parents and Children can strengthen their relationship and make the teen years smoother by

- Learning effective communication
- Protecting children from substance abuse
- Learning to handle stress and peer pressure

**7 week program on  
Thursdays**

**To register or for more information:**

Call Mrs. Mangan, 7<sup>th</sup> Grade Counselor at 570-226-4557 ext 3055 or email at [ManganDa@wallenpaupack.org](mailto:ManganDa@wallenpaupack.org)

**Our family would like to register for the Spring 2023 Strengthening Families Program.**

Child's Name: \_\_\_\_\_

Adult's Name(s): \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Number of family members eating dinner \_\_\_\_\_

Allergies/Dietary restrictions \_\_\_\_\_

Number of children needing child care \_\_\_\_\_ Ages of children \_\_\_\_\_