



STRENGTHENING *Families* PROGRAM FOR PARENTS AND YOUTH 10-14



FREE FAMILY PROGRAM

Strengthening Families Program: 10-14 is an evidence-based parent, youth and family skills-building curriculum. Learn to:

- Prevent substance abuse and behavior problems
- Strengthen parent-youth communication skills
- Increase academic success in youth
- Have fun together!

**Tuesdays, February 26 - April 16 from 5:30 - 8:00 p.m.
St. Stephen Lutheran Church | 3510 72nd St. Urbandale, IA 50322**

Workshops

February 26

March 5

March 12

March 26

April 2

April 9

April 16

*No classes the week of Spring Break.

A FREE meal and child care will be provided.

For questions and registration, please call or text Cassie at 515-414-9865 or register online at

<https://tinyurl.com/urbandaleSFP>

To learn more about the program, visit the website at

<https://www.extension.iastate.edu/sfp10-14/>

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-1482, wilburn@iastate.edu.