

Free

# Fowler Middle School Virtual Strengthening Families Class for Parents and their Children in Grades 5-8

A program for strengthening families designed specifically for parents and caregivers with their 10 - 14 year old adolescents.

Parents and youth will join in a Zoom meeting once a week with youth meeting first and parents meeting second. In between weekly meetings, families will be assigned activities and worksheets to complete.

## Benefits for Parents/Caregivers:

- Practice strategies that help you to effectively parent young teens.
- Learn what to expect from your early adolescent children.
- Establishing boundaries.

## Benefits for Youth:

- Learn positive ways that you can handle stress, anger and peer pressure.
- How to choose positive friendships.
- Spend positive time with your friends and family.

This program is coordinated by Lifeworks NW and funded by Washington County.



## **When:**

Every Thursday from  
February 11<sup>th</sup> to March 18<sup>th</sup>  
Join via Zoom - 6:30-8:30pm

## **You will need the following:**

- \*An electronic device that can run Zoom
- \*An email address you can check weekly
- \*A commitment to fulfill the assigned activities and have a personal check-in with the facilitator (by phone) each week in between Zoom sessions
- \*The ability to be flexible due to the virtual platform
- \*Incentives will be awarded to families who fully participate in 6 of the 7 Zoom sessions

To sign up contact:

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