



## Strengthening Families Program

### Virtual Classes for Parents/Caregivers and their Children ages 6-11

#### What Will Parents/Caregivers Gain?

- Improve Family Communication
- Provide Effective Discipline
- Set Constructive Limits
- Use Attention and Rewards to Improve their Child's Behavior
- Understand the Negative Impact of Substance Abuse on Family Relationships

#### What Will Children Gain?

- Develop Better Communication skills
- Social Skills
- Understand their Feelings
- Solve Problems
- Resist Peer Pressure
- Learn the Consequences of Substance Abuse
- Comply with Family Rules

Join Us for a **FREE** 11 week Program designed to Enrich Family Life  
**Family Prizes, Games, Activities and Incentives each week**

### Two Convenient Sessions:

#### Tuesdays:

All Sessions held on ZOOM  
Class Runs: 2/2/21 to 4/13/21  
Time: 5:30 pm to 7:30 pm



#### Thursdays:

All Sessions held on ZOOM  
Class Runs: 2/4/21 to 4/15/21  
Time: 5:30 pm to 7:30 pm

Each family must have at least two devices with internet to access the ZOOM sessions.

**Space is Limited! For Questions and To Register:**

Contact Jackie at 410.939.2097 or [jackie@hdgha.org](mailto:jackie@hdgha.org)

Registration form can be downloaded here: <http://www.theupwardclimb.org/strengthening-families-program.html>