



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: 2/22/22 to 5/03/22

Time: 5:30 pm to 7:30 pm



Thursdays:

All Sessions held on ZOOM

Class Runs: 2/24/22 to 5/05/22

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 Wendy at 410.939.2097 or wendy@hdgha.org
Registration form can be downloaded with QR code or here:
<http://www.theupwardclimb.org/strengthening-families-program.html>

