Strengthening Families ages 10-14

Fortaleciendo la Familia edades 10-14

Gunston Middle School

2700 S. Lang Street
Arlington, VA 22206
7 weeks
Wednesdays, February 22 to April 5
6:00 p.m. Catered Dinner, Evening Finishes 8:00

Free program with dinner and childcare

LOVE and LIMITS

Participate as a family:

- Setting goals for the future
- Coping with stress
- Resisting negative peer pressure
- Positive communication
- Activities for parents and youth together
- Activities for youth. Topics for parents.

For more info:
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703 228 6941
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703 228 6930

ARLINGTON
VIRGINIA
DEPARTMENT OF
HUMAN SERVICES

Childcare is offered free for younger siblings

www.strengtheningfamiliesarlington.com