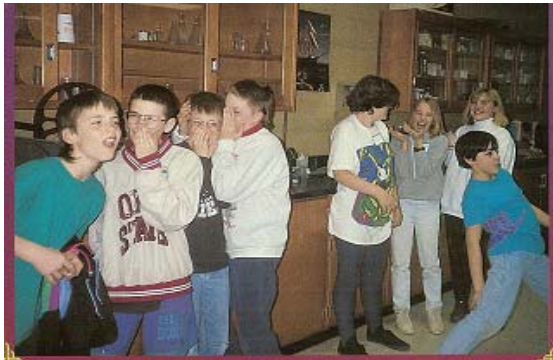




CALLING ALL PARENTS - YOU DESERVE A BREAK.....

Come to the Sullivan County



STRENGTHENING *families* PROGRAM

**For
Parents
and Youth
10-14**

ENJOY 7 FREE NIGHTS OUT ON US!

- ☺ Free dinner for you and your family!
- ☺ You and your 10-14 year old learn how to get along, enjoy your family and have fun together.
- ☺ Success Guaranteed! Research says it really works!! Come and try it out for a week or two.
- ☺ Funding to Sullivan County is provided by NH DHHS, Division of Public Health Services. Bureau of Prevention Services, ATODP.

Parents/Caregivers will discuss:

- What youth this age are like
- Making rules and consequences
- How to solve problems with youth
- Ways to show love and support

Youth will learn to:

- Handle frustration
- Resist peer pressure
- Appreciate parent/caregivers
- Get along with others

Families will:

- Have fun in activities and games
- Solve problems together
- Discuss what makes your family strong

DATES: Wednesdays, Jan 20, 27 Feb 3, 10, 24 and March 3, 10, 2010

DINNER FROM: 5:30 - 6:00 PROGRAM FROM: 6:00 - 8:00

LOCATION: Newport Middle High School

CALL 863-9200 BEFORE January 11, 2010 TO REGISTER

Weekly Drawings for a \$25 gift card.

UNH Cooperative Extension is an equal opportunity educator and employer.
University of New Hampshire, U.S. Department of Agriculture and NH counties cooperating.