

Strengthening Families For the Future

**A free skills building program for families with
children aged 7-11**

Learning, Growing, and Sharing Together



- Free on site childcare for children under 7
- Free full dinner for participating families
- Transportation will be provided if necessary

Strengthening Families is a powerful family change program because it involves the whole family, not just the parents and children alone. The goals of the program are to:

- Improve family communication
- Increase positive and effective parenting skills
- Increase children's resilience and life skills, including communication, resisting peer pressure, recognizing their feelings and solving problems.

Who Should Attend?

- Families who believe that they can commit to engaging fully in the program
- Parents who want to build upon their parenting skills
- Families who want to strengthen their communication and relationships with their children.

Programs beginning in September;

Guelph
September 21–December 21
Mount Forest
September 22 -December 22
Fergus
September 23–December 23

For information, referrals, or to register for the program, please contact:

Mount Forest:
Jody Fleming
Mount Forest Family
Health Team
519.323.0255 x5027

Guelph and Fergus:
Lindsay Klassen
Wellington-Guelph Drug
Strategy
519-821-6638 x 350

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Strengthening Families for the Future is available in your community through a partnership of local agencies; County of Wellington Social Services, Family and Children's Services of Guelph and Wellington County, Fergus Community Resource Centre, Mount Forest Family Health Team, Stonehenge Therapeutic Community, Upper Grand Family Health Team, Wellington County OPP, Wellington-Guelph Drug Strategy Committee, Wellington-Guelph-Dufferin Public Health