

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.

**New Programs
beginning in March**

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

Raechelle Devereaux
Wellington-Guelph Drug Strategy
519-821-6638 x 350

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