



# Strengthening Families Program

**Does your family include kids ages 7 to 21 years old? Join us for a fun-filled 11-week relationship skill building class for your entire family!**

Are you interested in having:

- More loving family relationships?
- Less arguing and more respect?
- Better behaved teens?
- More school success?
- Smart kids who avoid alcohol and drugs?

Families will learn skills to:

- Communicate respectfully
- Make family rules and positive routines
- Solve problems and negotiate differences
- Reduce stress and apply anger management skills
- Set goals to develop talents and enjoy school success
- Help kids avoid alcohol and drug use
- Choose good friends and monitor kids' social activities
- Make fun family traditions, share values, give service

To register, email Ronda Bullock at [rbullock@mdcoalition.org](mailto:rbullock@mdcoalition.org) or Loleta Dixon at [ldixon@mdcoalition.org](mailto:ldixon@mdcoalition.org)

**Thursdays**

**Sept. 8-Nov. 17  
6:30 to 8:00 PM**

\*\*Includes dinner delivered from a local pizza place!

**[www.mdcoalition.org](http://www.mdcoalition.org) 410-730-8267**