

Do you want to improve your child's grades & attentiveness?



Looking for ways to improve your child's behavior?



Do you want to keep your kids safe from risks?



## Strengthening Families

is the program for you!

**FREE FAMILY DINNER EVERY SESSION**

### What can children gain?

- Develop better communication and social skills
- Understand their feelings
- Solve problems
- Resist peer pressure
- Learn the consequences of substance abuse
- Comply with family rules

### What can parents gain?

- Improve family communication
- Provide effective discipline
- Set constructive limits
- Use attention and rewards to improve their children's behavior
- Understand the negative impact of substance abuse on family relationships

Classes for parents and their children ages 7-17, providing skill building in children's social and life skills and family relationship skills. Features structured family activities, family meetings, children's games and activity planning.

**Register at:**

[www.natomasparentuniversity.com](http://www.natomasparentuniversity.com)

Spanish Version Available



**FREE CHILDCARE FOR KIDS  
6 AND UNDER**

**Upcoming Session:**

October 5th– December 14th,  
2017

Thursdays at 5:30pm

**Location:**

Discovery Café

3401 Fong Ranch Rd.  
Sacramento, CA 95834