



## Strengthening Families 10-14 Program

Being a parent or caregiver can be hard. Being a 10-14-year-old can be hard. Join us for a FREE 7-week program where we will work with your family to strengthen your relationships with a variety of skills & tools. Childcare is FREE for children under 10.

### Structure

5:30-6:00: Family meal provided.

6-7: Parents & caregivers are provided skills and tools watching role-playing videos and through discussion.

6-7: Youth session where skills and tools are provided with activity-based learning.

7-8: Family session (parents/caregivers and youth together) with family-based activities and conversation.



### Where? When?

Arbor Circle  
412 Century Lane Holland, MI

Thursday Evenings  
January 18th - February 29th  
5:30PM - 8:00PM

### Contact Us

Ruth Nelson  
rnelson@arborcircle.org  
616-826-2245  
or use the QR code



Recipients of substance abuse services have rights protected by state and federal law and promulgated rules. For information, contact Sarah Walters at swalters@arborcircle.org or 616-396-2301 or the Bureau of Health Systems, Division of Licensing and Certification, Substance Abuse Licensing Section, Recipient Rights Coordinator, P.O. Box 30664, Lansing, Michigan 48909. This program is supported by a grant from the Michigan Department of Health and Human Services/Bureau of Community Based Services, Office of Recovery Oriented Systems of Care, through Lakeshore Regional Partners. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of MDHHS/OROSC or LRE.