

Build a **SUPER** family

FREE: 7-week series

For: Parents/caregivers AND their kids (ages 10-14)
Free childcare for younger kids

Where: Jefferson School

What: 5 p.m. FREE family dinner
5:30 - 8 p.m. program

When: January 23, 30
February 6, 13, 20, 27
March 5

It's free!

STRENGTHENING FAMILIES PROGRAM

Weathering the teen years ... with ease!

- What to expect
- Rules & rule-breaking: How to set limits while supporting growth
- What kids and parents need from one another
- Emotions and moods
- What to do about bullying
- The challenges of friends, curfews, dating & more
- Keeping family love alive

Questions?

Principal Joanne Metzen
683-4853, ext 5302

SPONSORED BY

Manitowoc County
UW-Extension

Manitowoc
Public School District

EEO/Affirmative Action employers.
UW-Extension and MPSD provide equal opportunities in employment and programming, including Title IX and ADA requirements.



*Sign up
by Dec. 21*

PRE-REGISTRATION REQUIRED
Space for 10 families

Return the attached form by Dec. 21 to
Joanne Metzen, Jefferson Principal