



**FREE PROGRAM**  
**FREE Family Meal**  
**FREE Childcare**

# Strengthening Families

*Family time makes the difference in the success of the child.*

## Evidence Based Family Skills Building Series

Strengthening Families gives caregivers and youth tools to ease the transition into middle school.

Through 7 weekly classes parents practice nurturing skills that help guide their children into young adults. Youth learn skills on how to deal with stress and peer pressure.

Each week includes a family hour full of fun games and activities!

- ➔ FAMILY COMMUNICATION SKILLS
- ➔ YOUTH ACADEMIC SUCCESS
- ➔ SUPPORTING GOALS AND DREAMS
- ➔ UNDERSTANDING FAMILY VALUES
- ➔ HANDLING PEER PRESSURE
- ➔ DEALING WITH STRESS

## REGISTER TODAY

Contact: Jenny Chiamulera  
 (715) 369-6186

[jchiamulera@co.oneida.wi.us](mailto:jchiamulera@co.oneida.wi.us)

**Oneida County Families**  
**Parents and Youth 10-14 Years Old**

**March 8th - April 26th**

**Department On Aging**

**Thursdays - 5:00 - 7:30 PM**



ONEIDA COUNTY  
HEALTH DEPARTMENT



# Strengthening Families

*Creating memories that make the difference.*

**FREE PROGRAM**  
**FREE Family Meal**  
**FREE Childcare**

The Strengthening Families program helps families with youth (10-14) join together! This FREE family night will begin with a family meal followed by parent and youth breakout groups and fun family activities!

**FOR:** Oneida County Families  
Parents/Caregivers and Youth Ages 10-14

**WHEN:** March 8th - April 26th  
7 Weekly Sessions  
Thursdays - 5:00 - 7:30 PM

**WHERE:** Department On Aging  
100 Keenan Street  
Rhinelander, WI

**QUESTIONS?**  
Contact: Jenny  
(715) 369-6186  
jchiamulera@co.oneida.wi.us

**Strengthening Families Program 10-14 Registration Form**  
**Please Return By: Thursday, February 22, 2018**

**Names of adult(s) attending:** \_\_\_\_\_ **Home Address:** \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_ **Contact Phone Number:** \_\_\_\_\_

**Names of youth age 10-14 attending:** \_\_\_\_\_ **Email:** \_\_\_\_\_

1. \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_ M / F

2. \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_ M / F

**FREE** Childcare will be provided for younger children in the family.

**Name of children needing childcare:**

1. \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_ M / F

2. \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_ M / F

**FREE** Family meal will be provided each week.

Please indicate the number of people attending the family meal: \_\_\_\_\_

Special Accommodations /Dietary Needs/Food Allergies: \_\_\_\_\_

Transportation assistance is available if needed. Please indicate if you would like more information: YES / NO

**Return to:**  
**Oneida County Health Department**  
Attn: Jenny Chiamulera  
100 West Keenan St  
Rhinelander, WI 54501