

# Got A Tween? Do You Sometimes Feel Like This?



Then this is the Program for you!

## Strengthening Families

An award-winning, six-week program helping Tamarac families

- When:** March 1, 8, 15, 22, 29, and April 5th  
**Where:** High School Cafeteria  
**Time:** Dinner at 5:30 p.m. (first and last session only).  
Program from 6:00-8:00 p.m.  
**Cost:** Free!

**Come join other parents of Tweens, Preteens and Young Adolescents for practical strategies that make sense for today's families.**

How often do you hear, "I'm too old for this"? And how often do you think, "But you're too young for that"? Welcome to the **Tweens**: a generation of fashion-conscious, fad-loving, filled-with-attitude youth. It's a constant struggle: the desire for independence versus the need for boundaries. How much can you accept? What cannot be ignored? How do you decide?

Strengthening Families is an award-winning, six-week program designed to help parents and their children, in **Grades 4 - 8**, increase communication, set boundaries, talk about issues facing families today, and develop strategies that sets limits with love. **The workshop is unique in that both parents and kids come together.**

### **PLUS - WE FEED YOU!**

Dinner will be served at 5:30 p.m. on the first and last session.  
Snacks and refreshments will be available every session.

**Childcare is available for younger children.**

**Even if you are unable to attend all six sessions, you are welcome to attend as many as you can.** For more information or to reserve your seat, call Lois Rondeau at 279-4600 ext. 2708 or e-mail [lrondeau@brittonkill.k12.ny.us](mailto:lrondeau@brittonkill.k12.ny.us). **Please**

**RSVP by February 16, 2012**