

Looking for  
ways to  
improve your  
child's  
behavior?



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



Do you want to  
keep your child  
safe from risks?



## Strengthening Families

is for you and your kids!

**FREE FAMILY DINNER EVERY SESSION**

A series of classes for families in (3) cohorts: families with 3-5 year olds, families with 6-11 year olds, and families with 12-16 year olds! Each class provides skill building in social and life skills and family relationship skills. Features structured activities for children, teens, and families. Additionally, parents will learn strategies to empower their family and navigate the challenges of raising a toddler, child, or teen!

**FREE CHILDCARE**

### What can kids gain?

Develop better communication, social skills, solve problems, understand their feelings, comply with family rules, resist peer pressure & learn the consequences of substance abuse.

### 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 Families with (3-5 year olds)**

**Classes for Families with (6-11 year olds)**

**Classes for Families with (12-16 year olds)**

**Register at:**

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

**Or call 916-567-5516**



Spanish translation is available  
Childcare for ages 2 and older

**Classes will be every Tuesday  
evening starting:**

**October 4th to December 13th  
5:30pm to 8:00pm**

**Location:  
Bannon Creek Elementary  
2775 Millcreek Drive**