



# FREE PROGRAM



# Families Living Well



**FREE MEAL**

### Families will:

- Have fun in activities and games
- Discuss what makes your family strong
- Solve problems together

### Youth will learn to:

- Resist peer pressure
- Handle frustration
- Appreciate parent/caregiver
- Get along with other youth/adults

### Parents/Caregivers will discuss:

- What youth this age are like
- Making rules and consequences
- How to solve problems with youth
- Ways to show love and support

**For Information  
Contact:  
Criss Doll  
916-922-5110 x208**

### Join Us For Ten Sessions:

- Family discussion and games
- Parent discussion
- Youth Activities
- Door prizes

**Do you have  
children  
ages 6-16?**

### Help Your Youth:

- Prepare for the teen years
- Avoid problems with drugs and alcohol
- Strengthen family communication



Sacramento Region Affiliate

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