

STRENGTHENING  
*families*  
PROGRAM

Ida County Extension is pleased to offer six nights of family fun designed to strengthen parenting skills, help youth make positive choices and build family strengths. The program is delivered using realistic videos, role-playing, discussions, learning games and family projects.

- **Who:** Parents & youth ages 10-14
- **When:** Sundays from Feb. 22–March 29, 4-6PM
- **Where:** Holstein United Methodist Church
- **How:** Call Ida County Extension at 364-3003 to pre-register your family as enrollment size is limited.

**Each Session Includes:**

- **Free Meals**
- **Free Child Care**
- **Door Prizes and Incentives**
- **Youth Lesson Topics:** Dealing with stress, handling peer pressure, understanding your parents, following rules and relating to others.
- **Parent Lesson Topics:** Showing love, setting limits, using consequences, encouraging good behaviors, talking with your children and feeling appreciated.

Pre-Register by Feb. 18th with Ida County Extension by calling 712-364-3003.

IOWA STATE UNIVERSITY  
University Extension

*Time Out  
For  
Six Free Nights  
of  
Family Fun!*