



WALLENPAUPACK AREA MIDDLE SCHOOL

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I'm excited to share information about a program Wallenpaupack Middle School and Penn State Extension will be offering for middle school students and their parents/caregivers.

The Strengthening Families Program is a 7-week program that is offered both in the fall and in the spring. This completely free program works to strengthen family bonds and give young people the tools they need to combat peer pressure and risky behaviors.

Here's how the program works: At 5:15 pm, families meet in the Wallenpaupack Middle School Cafeteria for a family meal. From 6:00-7:00 pm parents and youth meet in separate areas working on topics such as love and limits, reaching goals, encouraging good behavior, protecting against substance abuse, handling peer pressure and stress and family communication. From 7:00 to 8:00 pm, parents and youth meet together as a family and complete fun projects, activities and games. During this time we also offer free childcare for any younger family members.

Please consider joining us! Every family has strengths and every family wants to become stronger. This program is research based and proven to have positive impacts on families, adolescents and communities.

If you are interested or considering joining us in this amazing program, please fill out and return the bottom portion at your earliest convenience.

Thank you,

Lauren Tenbus
2017-2018 6th Grade School Counselor

To register or for more information:

Call Lauren Tenbus, Middle School Counselor at 570-226-4557 ext. 3055 or email at tenbusla@wallenpaupack.org.

Our family is interested in joining the Strengthening Families Program in the 2017-2018 school year.

This Spring's Program will be on Monday nights from 5:15-8:00 PM beginning March 12-April 30.

Child's Name: _____

Adult's Name(s): _____

Email _____ Phone _____

Number of family members eating dinner _____

Number of children needing care _____ Ages of children _____

Please return to the Wallenpaupack Middle School Office or email me the information at tenbusla@wallenpaupack.org