



**Southern Maryland**

# **Strengthening Families Program**

**Does your family include kids age 6 to 18 years old? Join us for an online fun-filled 12-week relationship skill building class for your entire family!**

For more info, email Christina Spangler at [cspangler@mdcoalition.org](mailto:cspangler@mdcoalition.org).

**Wednesdays  
March 15-June 7  
6:00 to 8:00 PM**

\*\*Includes dinner delivered from a local pizza place!

Are you interested in having:

- More loving family relationships?
- Less arguing and more respect?
- Better behaved teens?
- More school success?
- Smart kids who avoid alcohol and drugs?

Families will learn skills to:

- Communicate respectfully
- Make family rules and positive routines
- Solve problems and negotiate differences
- Reduce stress and apply anger management skills
- Set goals to develop talents and enjoy school success
- Help kids avoid alcohol and drug use
- Choose good friends and monitor kids' social activities
- Make fun family traditions, share values, give service

Register by **Feb. 8** at:

<https://bit.ly/3vR9AKX>

[www.mdcoalition.org](http://www.mdcoalition.org) 410-730-8267