

# COALITION RX STRENGTHENING FAMILIES PROGRAM 10-14

**WHEN: 5:30-8PM**  
**APRIL 29TH**  
**MAY 6TH**  
**MAY 13TH**  
**MAY 20TH**  
**JUNE 3RD**  
**JUNE 10TH**  
**JUNE 17TH**

**Where:** Barbara Weitz Community Engagement Center on UNO's Campus

**Contact:** Call or email us at 402-552-2221 or [coalitionrx@gmail.com](mailto:coalitionrx@gmail.com) to reserve your spot.

This class is open to any adult and child from ages 10 to 14 years. It is a 7 week program geared toward creating positive engagement and family involvement, improving communication between parent and child and strengthening relationships between parents and children! We encourage you to bring your dinner in at 5:30pm and join us for a family dinner. Class will start at 6pm.

**The following topics are covered through various activities, videos, games, projects and discussions:**

- Identifying and reducing stress
- Resisting peer pressure
- Learning how to set and follow a set of house rules
- Understanding each other better
- Improved communication skills
- Learn how to set goals individually and as a family
- Prevent substance abuse
- Learn how to use reward and consequence strategies effectively



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