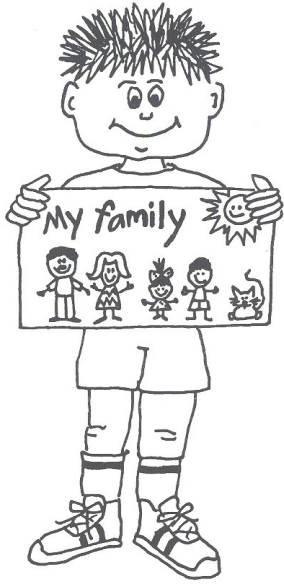


Survival Skills for Healthy Families



Build a strong family connection to last a lifetime!

A Program for Parents & Children ages 7-17!

Survival Skills for Families focuses on teaching family members how to create a respectful positive environment that helps build and strengthens relationships.

Classes are held throughout Davis County all year long.

To find a current listing of available classes, click the register button on the website.

Time: 6:00—8:00

Length: 6 Weeks

This class will include:

- Dinner
- Discussion
- Activities
- Childcare

Parents will learn:

- ◆ To develop the skills to effectively manage and nurture their children
- ◆ How to build on the strengths within a family
- ◆ How to make rules that are positive and specific and set rewards and consequences that help enforce the rules
- ◆ Steps for effective discipline

FREE

Children will learn:

- ◆ To identify, appreciate, and use their skills and positive qualities
- ◆ That what they do contributes to their family
- ◆ Three survival skills to get along at home and with friends
- ◆ Steps to resolve conflict
- ◆ Steps to respectfully talk over rules with their parents and other adults



TO REGISTER: Contact Angie Smith 801-773-7060 extension 502

OR online at www.dbhprevention.org