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Phone: 402.873.6343
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RUN DATE: Immediately through September 10

For Immediate Release– Strengthening Families Program Offered

Nebraska City – Parents and youth ages 10-14 are encouraged to register and participate in a seven-session program offered to strengthen parent/child relationships. The program is designed to work with both parents and youth, providing them with tools, activities, focused time and resources to help them gain a greater understanding of each other and each others' point of view.

The seven-session program will begin September 17 and runs through November 12. Sessions will be held at the Nebraska City Center for Children & Families on Thursday's from 6:00-8:30 pm.

JoAnn Martens, a Strengthening Families Program Trainer and mother of two boys ages 10-14, states, "This is a great program for families with children aged 10-14. While there is a time commitment involved, the program works with both the parents and the kids. I believe that is why it is a great program, because everyone is involved with the process. Both groups learn to see things from a different point of view and are given tools to use in their daily lives to help with making choices, being responsible, and discipline."

Child care for children under age 10 and meals are provided. A \$40 family donation is appreciated to defray costs of meals. The program is limited to twelve families.

Registration deadline is September 10 with the first class beginning September 17th. For more information, a schedule of dates or to register, contact People United for Families at 402.873.6343.

The Strengthening Families Program is sponsored by People United for Families, Partners for Otoe County, UNL Cooperative Extension and the Southeast District Health Department.