

FREE FAMILY DINNER



Families Will:

- Have fun in activities and games
- Discuss what makes your family strong
- Solve problems together

Parents/Caregivers Will Discuss:

- What youth this age are like
- Making rules and consequences
- How to solve problems with youth
- Ways to show love and support

Classes Starting
Thursdays January 28, 2010
@ 5:30pm-8:00pm

2143 Hurley Ave Suite 150
Sacramento, CA 95825

FREE PROGRAM **Families Living Well**

**Do you have teens from
the ages of 12-16?**

Childcare Provided

Youth Will Learn To:

- Resist peer pressure
- Handle frustration
- Appreciate Parent/caregiver

Help Your Youth:

- Avoid problems with drugs
and alcohol
- Strengthen family communication



**For Information and to
Register for classes
Contact: Criss Doll
NCADD, Sacramento
916-922-5110 x 208
Cdoll@ncaddsa.org**



NCADD
National Council on Alcoholism and Drug Dependence, Inc.
Sacramento Region Affiliate

Sacramento