

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
Monday January 25, 2010
@5:30pm-8:00pm**

**2143 Hurley Ave Suite 150
Sacramento, CA 95825**

FREE PROGRAM Families Living Well

**Do you have children
ages 6-11?**

Childcare Provided

Youth Will Learn To:

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

Help Your Youth:

- Prepare for the teen years
- 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@ncaddsac.org**



NCADD

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

Sacramento

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