



## FOR THE TOUGHEST JOB ONE EVER HAS... BEING A PARENT!

This highly advanced program provides skill-building sessions and fun family activities that will help:

- **Parents**
  - Encourage good behavior
  - Setting Limits
  - Protect against youth substance use
- **Youth (ages 9-14)**
  - Dealing with stress
  - Handling Peer Pressure
- **Family**
  - Build family communication



[www.prevplus.org](http://www.prevplus.org)

### **MILITARY FAMILY NIGHTS PROGRAM** Perfect for families with children 9-14 years old Program Details



- 7-session program on Tuesday Evening 6-830PM
- Cinnaminson High School
- Dinner is provided from 6 to 6:30
- Free professional childcare/ children ages 3-8
- Gift Card Incentives for attendance up to **\$150**

**TENTATIVE PROGRAM DATES**  
**JANUARY 8,15,22,29 FEB 12,19,26**

TO REGISTER or for more information contact Prevention Plus,  
Joe Conlin @609-261-0001 [joeconlin@prevplus.org](mailto:joeconlin@prevplus.org)