

# TOGETHER!

Youth Violence, Alcohol, Tobacco, Drug Prevention

Contact: Kathy Raettig  
(360) 493-2230, ext. 16  
[kraettig@thurstontgether.org](mailto:kraettig@thurstontgether.org)

Media Release  
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## Strengthening Families Class Offered

*"Free class helps families build on strengths, communicate better"*

(Olympia, WA ) ... TOGETHER!, in cooperation with United Churches of Olympia, invites you and your 10-14 year-old youth to participate in **STRENGTHENING FAMILIES**, a skill building program for parents, youth, and families. The program runs for seven Wednesday sessions from 6:00 – 8:00 p.m. beginning September 26<sup>th</sup> and concluding November 14<sup>th</sup> at United Churches, 110 11<sup>th</sup> Ave SE., Olympia. Complimentary dinner will be served from 5:30 – 6:00 p.m. No session will be held October 31st (Halloween).

**STRENGTHENING FAMILIES** is a research-based program that has won national recognition for excellence and effectiveness. Parents and youth meet separately for the first hour, then come together to practice their skills and participate in family activities the second hour. Some parent topics are: Using Love and Limits, Encouraging Good Behavior, and Building Bridges, while youth topics include: Having Goals and Dreams, Appreciating Parents and Dealing with Stress.

The program is free to all Thurston County residents. To register, call Kathy at TOGETHER! at 360-493-2230 ex.16