



COALITION RX

STRENGTHENING FAMILIES PROGRAM 10-14

at Murray Christian Church

Where: Murray Christian Church
304 W Young St, Murray, NE 68409

Contact: Pastor Mike Njus
pastormikenjus@gmail.com **OR**

Jacob Peterson

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This class is open to any parent/caregiver and children ages 10-14 years old. It is a 7-week program geared towards creating positive engagement and family involvement improving communication between parents/caregivers and children and strengthening their relationships. Dinner will start at 6pm with class at 6:30.

When: Wednesdays 6:00-8:30pm

September 18th, 25th

October 2nd, 16th, 23rd, 30th

November 6th

No class on Oct. 9th

The following topics are covered through various activities, videos, games, projects and discussions:

- Prevent substance abuse
- Identifying and reducing stress
- Resisting peer pressure
- Learning how to set and follow house rules
- improved communication skills
- Learn how to set goals individually and as a family
- Learn how to use rewards and consequences effectively

