

Discover your family's strengths and learn to build on them. Work with others to face your challenges, make choices and meet your goals.

Comments from program participants last session:

The leaders were very helpful to me and my family, explaining and helping me with stress management!

I want to recruit other families for these parenting classes!

I found a reason to laugh, exercise, cooperate and celebrate small successes!



This program is provided through the support of the following:

UNIVERSITY OF MISSOURI
 **Extension**

LIVE UNITED™ 

 **Community
Caring Council**

 **Cape Area
Family Resource Center**

United Way
SUCCESS BY 6™
United Way of Southeast Missouri

 **LIFE**
Leading & Inspiring Families to Excel

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Building Strong Families



Mary Gosche
Human Development Specialist

UNIVERSITY OF MISSOURI
 **Extension**

Building Strong Families

Date: Mondays, March 1, 8, 15, 22, and 29, 2010

Time: 5:45 p.m. – 7:45 p.m.

**Place:
Cape Family Resource Center
1202 South Sprigg Street
Cape Girardeau, MO 63703**

About the Program

Fun, informative parenting sessions

Door prizes

Dinner (served at 5:45pm)

For more information, please contact:

Mary Gosche
Human Development Specialist
684 W Jackson Trail PO Box 408
Jackson, MO 63755
573-243-3581 or Fax 573-243-1606
goschem@missouri.edu

Family Strengths

**Date: Monday,
March 1, 2010**

What are your family's unique strengths?
How can you build upon them?

**Four Additional Topics will be presented on
Mondays,
March 8, 15, 22, and 29, 2010**

- ◆ Food and Fitness
- ◆ Managing Stress
- ◆ Positive Discipline
- ◆ Kids and Self-Esteem
- ◆ Ideas to become a **READING FAMILY**

Bring the kids – there are also small learning s groups for each age group from toddlers to teens. Be sure to include the names and ages of your kids on the registration form!

Registration Form

Name _____

Address _____

Phone # _____

Number of adults attending _____

Cost of program is FREE. Open to the Public.

**Registration is due:
February 24, 2010**

Learning activities for children will be provided.

Children Yes No

Number of children attending _____

Names and ages _____

**Return to:
Family Resource Center
Attn: Pat King
1202 S Sprigg St
Cape Girardeau, MO 63703
573-334-8170
Fax 573-334-9720**