




# Strengthening Families

The Strengthening Families Program is a 7-week fun, interactive workshop for students, **ages 10 to 14**, and parents/caregivers to enhance your skills in:

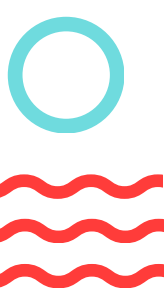
- Communication
  - Goal-setting
  - Peer pressure resistance
  - Positive management of stress and emotions
  - Joint family problem-solving
  - Positive discipline
  - Having FUN!
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**The Program includes a FREE catered dinner and childcare for younger children, ages 1 to 9.**

**CARLIN SPRINGS ELEMENTARY SCHOOL**

**5995 5th Rd S, Arlington, VA 22204**

**Starting on March 18, 2026**



**Meeting every  
Wednesday for 7  
weeks starting  
March 18  
From 6:00pm to  
8:30pm**

