

Make this school year the best yet!

Build family connections

Enjoy dinner together



**STRENGTHENING**  
*Families* PROGRAM  
FOR PARENTS AND YOUTH 10-14

A FREE program to help families build on their strengths and values. Parents learn how to show love while setting limits. Youth learn how to set goals, resist peer pressure, and manage stress.

**Dinner, childcare and prizes each week!**

Open to Rochester, Aliquippa and New Brighton Families



LEARN MORE

Beginning Sept. 7 at the Beaver Co YMCA 5:30pm



Questions? [Tanisha@KeystoneWellnessPrograms.org](mailto:Tanisha@KeystoneWellnessPrograms.org)