



*UW-Extension Jackson County*

# **Strengthening Wisconsin Families with Mindfulness**

## **All Families Benefit:**

- Reduce Family Stress
- Strengthen Family Communication
- Build Teen Resiliency

**WHO:** Youth Ages 10-14 and their Parents/Caregivers  
**WHAT:** No Cost 7-Week Program with Free Dinner  
**WHEN:** Tuesdays, October 1-November 12, 2019

**WHERE:** Red Creek Elementary School

## **SESSION SCHEDULE**

5:00-5:30PM – Free Family Dinner

5:30-6:30PM – Group Learning

6:30-7:30PM – Fun Family Activities

*For more information, please contact:  
Extension Jackson County*

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Mindfulness-Enhanced  
Strengthening Families Program 10-14

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Mindfulness-Enhanced  
Strengthening Families Program 10-14

## **Strengthening Families Program**

### **Registration Form**

Register by September 30th

Parent/Caregiver Names: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

#### **Names and ages of youth ages 10-14**

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

#### **Names and ages of other children who will use childcare during sessions**

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

#### **Any diet restrictions or food allergies?**

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