

**MONDAYS | 5-7PM**

# **Creating Lasting Family Connections**

**1/26  
TO  
4/13**

HOTEL DOWNSTREET  
40 MAIN ST.  
NORTH ADAMS

**FOR TEENS & THEIR PARENTS/CAREGIVERS**

**This program is designed for parents and youth to:**

- improve communication & conflict resolution skills
- build coping mechanisms to resist negative social influences
- practice effective refusal skills for both parents and youth
- increase self-knowledge and personal responsibility
- and build understanding about the use of tobacco, alcohol, and other drugs.

**Teens ages 13-16 years old and their parents are encouraged to sign up, as this program involves both youth and their parents/caregivers.**



Northern Berkshire Community Coalition  
Community Empowerment • Prevention & Wellness

**FREE DINNER PROVIDED!**

**REGISTRATION REQUIRED**

413-663-7588 OR  
MSTARR@NBCCOALITION.ORG

