

Manchester Youth Service Bureau

Strengthening Families Program

The Strengthening Families Program helps families build strong communication skills that support positive behavior and emotional well-being. These skills strengthen family connections and help children grow up safe, confident, and resilient.

Wednesdays, 3/25 - 5/6/26
(No class 4/15)
5:30-8:00pm

Manchester Youth Service Bureau
Families with children age 10-18
Registration is required, please call:
(860) 647-5213

Dinner will be provided for each class
Childcare provided upon request

Families who attend all sessions will receive a gift card



WHAT YOU'LL LEARN:



Effective communication and how to listen



Setting boundaries with love and respect



How to solve problems and build trust



Ways to stay connected and show appreciation often



How to navigate peer pressure and monitor children so they stay safe



presented by
Department of Leisure, Family and Recreation
Youth Service Bureau Division
63 Linden Street • 647-5213 • reconline.townofmanchester.org



Strengthening Families Program by Dr. Karol Kumpfer