## THE FUTURE IS NOW:

## Strengthening Families Together

A workshop for parents & kids to attend together



Workshop Leader: Dr. Greg Allen, LMFT, Director of Freedom4U

## **ALL PARENTS**

are welcome! Mothers & Fathers! Kids 10-16 years old

## **WORKSHOP PURPOSE:**

Improve trust, how to be on the same team, building upon one another's strengths, strengthen relationship skills, managing family stress well

**TUESDAY, OCTOBER 8 @ 6:30PM:** 

RSVP by 10/6

AND

Peninsula Center Library Community Room

701 Silver Spur Rd, Rolling Hills Estates, CA 90274

WEDNESDAY, OCTOBER 16 @ 6:30PM:

RSVP by 10/14

Manhattan Beach Library Community Room 1320 Highland Ave, Manhattan Beach, CA 90266

 $RSVP\ required\ (no\ cost\ to\ attend): admin@freedomcommunity.com\ or\ Call:\ 800-501-9801$ 

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Live Well, Health Matter

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