



The Lopez Island Family Resource Center (LIFRC) newsletter. It includes information about LIFRC programs and also reminders of federal, state, and local food assistance and assistance programs. For more information, find us at [lifrc.org](http://lifrc.org) or call 360.468.4117.



2019 Graduating Class photo taken pre-COVID 19

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

**STARTS MARCH 2021!**

[REGISTER HERE](#)

## Celebrate

## Black History Month

Take a look at this [TED Talk](#) called "[Why we need to Talk to Children about Race & Difference](#)"

from Biz Lindsay-Ryan, a trainer and consultant who is passionate about helping parents navigate difficult discussions with children about race.

## Strengthening Families

### 8-WEEK FAMILY PROGRAM STARTS THE FIRST WEEK OF MARCH

Youth sessions: Wednesday from 4:30pm-5:45pm

Parents meet Sessions: Thursdays from 6:00pm-7:15pm

Family Sessions: 7:15pm-8:15pm

[REGISTER HERE](#)

QUESTIONS? contact Patsy Haber at 425-286-0540 or [patsy@lifrc.org](mailto:patsy@lifrc.org).

### WHAT IS THE STRENGTHENING FAMILIES PROGRAM?

Strengthening Families 10-14 was developed by Iowa State University and brought to Lopez Island by Washington State University and the Family Resource Center. It gives families with youth ages 10-14 tools that help them build better relationships and thus stronger families—all while having fun in this interactive program led by trained facilitators.

### WHAT WILL YOUR FAMILY LEARN?

- Your family will discover a variety of skills to communicate better with each other.
- Parents and youth will gain better understanding of each other's perspectives.
- Youth will practice tools that help handle stress and peer pressure and that can help prevent teen substance abuse.
- Youth and parents will learn to set goals and take steps towards reaching them.

### HOW DOES THE PROGRAM WORK?

- Your family will meet virtually to connect with other families from Lopez and San Juan Islands for 8 weeks.
- At each session, you are trained by four certified facilitators who work with youth and parents/caregivers separately for one hour and then bring all family members together for another 1-hour family session.
- At the end of program, family accomplishments are celebrated in a graduation ceremony.

YOUR FAMILY WILL RECEIVE A HEALTHY, DELICIOUS FAMILY MEAL EACH WEEK  
NO COOKING DINNER THAT DAY!



## Preserving and Persevering, Virtual Concert

*Black History Month Virtual Concert, Preserving and Persevering* explores how our [Facebook](#) and [YouTube](#) channels on Thursday, February 25 at 7PM CT.

HAPPY BLACK HISTORY MONTH

