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The Lopez Island Family Resource Center (LIFRC) newsletter. For more information For more information, find us at [lifrc.org](http://lifrc.org) or call 360.468.4117.

## Strengthening Families Program Parents & Youth Ages 10-14

### A Free 8-WEEK FAMILY PROGRAM STARTING THE FIRST WEEK IN MARCH

Connect with other Inter Island families in a fun, supportive & caring way!

- Parents/caregivers and youth will gain better understanding of each other's perspectives.
- Youth will practice tools to handle stress & peer pressure
- Parents/caregivers & youth will learn to set goals & take steps towards reaching them.

Class Facilitators include Lopezians Isaac Berg & Katherine Ingman & WSU training facilitator AnaMaria Diaz & Wendy Waxman, County 4H Coordinator.

To Register, click here [Strengthening Families Registration](#)  
Questions? Contact Patsy Haber at [patsy@lifrc.org](mailto:patsy@lifrc.org) or 425-286-0540.



2019 Graduating Class photo taken pre-COVID 19

**FREE**

**STRENGTHENING Families PROGRAM**

FOR PARENTS AND YOUTH 10-14

**STARTS MARCH 2021!**

[REGISTER HERE](#)

**Free Food & Prizes!!!**



## Mentor Tutoring Program All Welcome!!

**Hey LISD Students:** Do you need a little extra help with your schoolwork? Did you know there's a **free tutoring program** that happens every Monday & Tuesday for Grades 4-12? LIFRC Tutors are partnered with the LISD to give students one-on-one or small group tutoring on academic subjects. Drop-ins welcome! Join us, Monday 1:30pm-3:30pm and/or Tuesdays from 6:30pm-8:00pm. To get the link, contact [gretchen.tutor@lifrc.org](mailto:gretchen.tutor@lifrc.org) or talk to your teachers



To follow LIFRC Events and Activities look at our new Calendar, click on the link below!!!

<https://drive.google.com/file/d/1qm9CGUZlaGNLbJoarChmfadbSaaU5jvM/view?usp=sharing>

