

CARE to Wait

Building Strengths in Families with Youth 12-14 years-old (in Middle School)

CARE to Wait focuses on building family strengths during the difficult transitions that occur in middle school years. Parents and youth participate together in activities that build strong family relationships.

This is a great chance for parents to talk to their youth about important life decisions especially around the area of sexual decision-making and abstinence.

**Colorado
State
University**

Extension

Coming soon: CSU Extension will be offering a series of 11 weekly workshops.

Adults will receive \$150 monetary incentive and youth will receive a \$50 gift card upon completion of classes and confidential surveys.

Make Tuesday family night!
Free dinner, sibling care
and activities!



Activities for teens and parents:

- Build self-esteem
- Self-responsibility
- Better communication

Learn:

- Goal setting
- Decision-making skills
- Problem solving and refusal skills - Especially around sexual decision-making and abstinence

Join Now!

Become EMPOWERED about Life Decisions!
Call Pam or Christine at 719-583-6566 for details!