# 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



## Sponsored by

Freedom4U & Dr. Gregory Allen, LMFT, Family Counseling, Inc.



www.freedomcommunity.com & www.drgregallen.com

Freedom4U is not related to, sponsored by, or endorsed by the Palos Verdes Peninsula, Manhattan Beach, Redondo Beach, Los Angeles, Hermosa Beach City, or El Segundo Unified School Districts. This program is not sponsored or endorsed by LA County Library.