

COMING SOON!



**A FREE 7 week program for
10–14 year olds and their
parents/caregivers**

**TWO SESSIONS OFFERED
Tuesday Nights OR Wednesday Nights**

October thru November 2019

Session runs from 6:00PM–8:30PM

REGISTRATION IS REQUIRED

- FREE DINNER
- BABYSITTING PROVIDED

How do we spell F.U.N. in Hillsborough?

Family Unity Night

For more information or to pre-register for the program contact:

**Minda Maggio
District Life Skills Coordinator
mmaggio@https.us
(908) 431-6600 ext. 2809**

TOPICS WILL INCLUDE:

- COMMUNICATION SKILLS
- STRESS MANAGEMENT
 - SELF-ESTEEM
 - FAMILY FUN
- PROBLEM SOLVING



"I heartily endorse this program! I learned so much from other parents and I realized that I am not alone. Many parents are dealing with the same issues that we are."

Dad of a 12 year old



"Communication is so important and the sessions provided methods to improve how I communicate with my kids"

Mom of a 10 and a 13 year old

Hillsborough/Millstone Municipal Alliance