

**DO YOU NEED HELP WITH
YOUR TEENAGERS?
OR WITH YOUR
YOUNGER KIDS?**



Building Strong Families is a
Kanata and Stittsville initiative
to help you improve your
parenting skills.



BSF also offers great ways
for couples to prepare for
marriage, and to strengthen
existing marriages.

Check this out ...

Marriage and parenting are two of the most important commitments that many people will ever undertake, and with no training! The Building Strong Families campaign brings you a selection of once-a-week enjoyable courses in parenting, marriage and related matters, which will run in private homes, libraries and churches. These courses are used very successfully in many countries and are structured around video materials and discussion. The course schedules and on-line registration are available at BuildingStrongFamilies.ca. To avoid disappointment, register early.

Reference

Questions can be directed to:
The Building Strong Families
Hot Line: 613-592-5310

e-mail: pooch1@rogers.com

or **the BSF website:**
www.BuildingStrongFamilies.ca

Watch a 9 minute promo video
via a link on the website.

To preview the courses, visit
<http://www.relationshipcentral.ca>

FAQ

What courses will be offered?

The Marriage Prep Course.

The Marriage Course.

Parenting Children (0 to 10 years old).

Parenting Teenagers (11 to 18).

Who are these courses designed for?

Those preparing for marriage.

*Couples seeking to improve their marriage
or make their good marriage better.*

*Parents (and grandparents) faced with the
prospect of bringing up children.*

Parents of teenagers.

Are these courses promoting any particular religious following?

*No. The courses have been attended and
applauded by people of many faiths and
denominations, and by people with no
faith background.*

How much will the courses cost me?

*While light refreshments are provided,
these are normally donated, or pot-luck.
The course manuals are about \$10.*

Is child care available?

*For courses not running in the evening
(most are), childcare may be provided, as
required.*