

Empowering Youth & Families Program

For Middle School Youth and their Caregivers

Designed to

- Improve family relationships and communication skills
- Educate communities about protective factors
- Build resilient people, strong families, and powerful communities
- Prevent youth substance misuse before it begins

**We may look different,
but we're still here!**

Included in registration, free of cost:

- 10 virtual sessions
- Dinner provided for each family once a week
- Opportunity to grow closer as a community
- Register your family today!

Contact:

(252)342-8490

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NC STATE

EXTENSION

Family & Consumer
Sciences Program

SAMHSA
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Services Administration

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