

# Strengthening Families

A virtual program to improve communications and strengthen family relationships.

For parents in recovery.



Ongoing classes —————  
each Thursday evening  
6:00 - 7:15pm

Register at: <https://tinyurl.com/y854otag>

Questions? 530.459.3481

**Parents** -- Do you have trouble starting important conversations with pre-teens and teens?  
Are you worried about choices being made by your children?

**Strengthening Families Program is a chance to learn new ways to connect  
with your teen, pre-teens, and child and enhance family relationships.**

**Katy Popa** is the Program Manager at the Hub Communities Family Resource Center in Montague. Her passion for helping families thrive got its start in a childhood spent attending AA meetings with her mom, observing at first hand the beauty of people in recovery.

## Strengthening Families Co-Facilitators

**Toby Reusze** is a Certified Advanced Alcohol and Drug Counselor (CAADC II) specializing in alcohol and drug counseling with adolescents and adults and their families. She earned a Bachelor of Science degree, is a Certified Domestic Violence Facilitator, and has been a Family Educator for more than 14 years.

