

# Family Nights Made Easy: Free Dinner and Activities to Connect with Your Whole Family

Have better communication at home  
with the Strengthening Families Program

Open to families with youth ages 7-17 (siblings under 7 can join too).



**FREE**



**Monday Nights  
Sept 22-Dec 1  
(11 Weeks)**



**5:30 PM  
Dinner  
6:00 Class**



**609 N. 5th  
Street, Payette,  
Idaho**

Dinner, childcare, weekly gift card raffles and attendance awards included.

Bring the whole family and learn simple, science-based skills to:

 **Talk So Teens Will Listen (and Listen So They'll Talk)**

Open up real conversations without the eye rolls.

 **Stay Connected Through the Teen Years**

Build trust and closeness even when life gets busy.

 **Encourage Positive Choices**

Learn practical ways to guide behavior without arguments.

 **Set Clear Rules and Boundaries That Stick**

Create routines and expectations everyone can agree on.

**SIGN  
UP**



Scan QR Code or sign up at  
[InsightMattersInc.com/Dinner](https://InsightMattersInc.com/Dinner)



Insight Matters Inc.



Strengthening Families  
Program by Dr. Karol Kumpfer

**1P KIDS  
Succeed**

Questions? Contact Emma [insightmattersinc@gmail.com](mailto:insightmattersinc@gmail.com) or call/text 208-740-1610