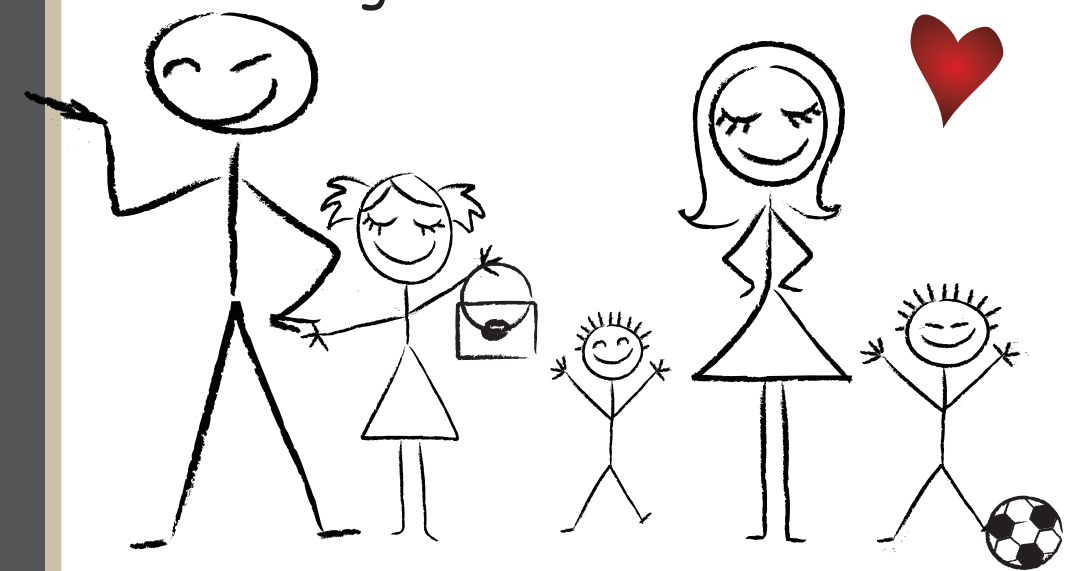


Characteristics of Strong Families:

1. Strong Families Spend Time Together.
2. Strong Families Encourage One Another.
3. Strong Families Talk and Listen To Each Other.
4. Strong Families Handle Stress and Disagreements with Grace.
5. Strong Families Work Together and Promote Responsibility.
6. Strong Families Play and Have Fun Together!

WHMI ♥ Strong Families ♥ Strong Wyoming
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Did you know that children and teens who eat dinner regularly (5-7 times a week) with their family are less likely to smoke, drink alcohol or use other drugs? And they are **MORE LIKELY** to say that their parents are proud of them and even get better grades in school?



So, Go Ahead...
Gather Around the Table,
Share a Meal and some
Good Conversation too!