## Navigating the Tween Years

Promoting wellness, growth & self-discovery.



Social Media & Your Kid

OCT 16

How tech is changing social development.

From Worries to Wellness

**JAN 21** 

Building resilience in a stressful world.

**Empowering Your Family** 

**APR 30** 

Harness the power of protective factors.

A series of parent forums discussing prevention strategies that help kids manage stress, dodge "frienemies", avoid substance use, and stay healthy as they mature. Each session builds on the last. Attend one or all three! **Scan the QR code for details & free registration.**Adults only.



