



**Attention Parents and
Supportive Adults!**
Free Virtual Workshop!



Talk Early & Talk Often -- Connecting with our Teens during COVID-19!

We are certainly in challenging times and families more than ever need as much support as possible, especially when it comes to helping our teens adopt behaviors that will keep them safe and healthy. This gathering space will be a place to **receive support** as well as a few **strategies** on keeping an open and loving connection with your teen. The facilitator for the gathering will be **Barb Flis**, Founder of **Parent Action for Healthy Kids**. We hope you will join us.

Register for (1) of the following options:

Workshop-1: Tuesday, February 23rd: 10:00 - 11:00 AM

Workshop-2: Wednesday, February 24th: 4:00 - 5:00 PM

Register now to reserve a spot!

By Emailing Ramona Farr at: rfarr@honorcommunityhealth.org

Gift Card for each Participant!

It is never too late to improve your relationship with your child. Do not underestimate the great need that children feel – at all ages – for close relationships with parents and other supportive adults as well as the need for guidance, approval, and support.

This workshop is not appropriate for children or adolescents to attend.