

# LEBANON FAMILY HEALTH SERVICES

## WORKSHOP FOR **INDIVIDUALS PARENTING ADOLESCENTS**



## GUIDING **GOOD CHOICES**®

Along with other individuals parenting adolescents, join in a **FREE** workshop and discover new ways to:

UNDERSTAND YOUR ADOLESCENT | BUILD BETTER RELATIONSHIPS  
USE POSITIVE DISCIPLINE | ENHANCE COMMUNICATION

**WHERE:** Lebanon Family  
Health Services  
615 Cumberland  
Street, Lebanon

**WHEN:** Thursdays 6:30-9 pm 4 week-  
long sessions: **March** 2, 9, 16 & 23  
**July** 6, 13, 20 & 27 | **October** 12 & 19  
**November** 2 & 9

**ENROLL TODAY BY CALLING: 273-6741, ext. 310**  
**or Email: [holly@lebanonfamilyhealth.org](mailto:holly@lebanonfamilyhealth.org)**

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