

LEBANON FAMILY HEALTH SERVICES



BE THE ONE:

A parent workshop for building resilient teens and families (ages 9 - 18)

“BE THE ONE” for teens allows parents to better understand their developing adolescent by:

- Identifying the impact of trauma in the family and how to overcome it with social supports.
- Fostering emotional health and building the parent/child relationship.
- Understanding the developing adolescent brain and see adolescence as a period of growth, creative expression and identity formation.
- Fostering your teen’s newly discovered independence in a constructive and meaningful way.
- Becoming a more positive parent by establishing personal stress management skills, Anger Management and improved parent/child communication.

2018 SCHEDULE

Meets on Thursdays from 6-9 p.m. for four weeks.

MARCH: 1 – 22

JULY: 5 – 26

OCT: 25 – NOV: 15

(No childcare available)

To register, call:

717-273-6741

ext. 310

Lebanon Family Health Services will not discriminate against any employee, applicant for employment, independent contractor, client, or any other person based on race, ethnicity, age, gender, religious affiliation, ancestry, union membership, sexual orientation, gender expression or identity, national origin, legal residence, ability to pay, parenthood, marital relationship, contraceptive preference, AIDS or HIV status, or disability.

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INTERVENTION
of Lebanon County, Inc.

717-273-7190
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In partnership with



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