

LEBANON FAMILY HEALTH SERVICES

BE THE ONE:



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

2020 SCHEDULE

MARCH

Wednesday/Friday

March 18, 20, 25, 27

9 a.m. - 12 p.m.

Lebanon Family Health Services

JUNE

Tuesday/Thursday

June 9, 11, 16, 18

6 p.m. - 9 p.m.

Lebanon Family Health Services

SEPTEMBER *

Tuesday/Thursday

September 15, 17, 22, 24

6 p.m. - 9 p.m.

Lebanon Middle School

* Classes offer Spanish translation

“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.

Contact Holly Dolan:

holly@lebanonfamilyhealth.org

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.

Program funded in part by a grant from United Way.

DVI
DOMESTIC
VIOLENCE
INTERVENTION
of Lebanon County, Inc.

717-273-7190 / dviolc.org

in partnership with



615 Cumberland Street
Lebanon, PA 17042

lebanonfamilyhealth.org

