BE THE ONE: A parent workshop for building resilient teens and families (ages 9-18)

LEBANON FAMILY HEALTH SERVICES

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

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