

Parent Check-In Spring 2019 Schedule

Four interactive workshops with FREE dinner and childcare provided

See dates and topics below

Kittery Community Center

120 Rogers Rd

FMI and to RSVP visit www.ctbh.org

February
25th
6-8pm

Delving Deeper into Adolescent Anxiety and Depression

This workshop will focus on helping parents develop a stronger understanding of anxiety and depression in adolescents and will focus heavily on activities and discussions led by two clinical social workers. **This workshop is intended for parents only.**

March
25th
6-8pm

Social Media Forum for Parents and Adolescents

This forum will give parents and their adolescents the opportunity to discuss the role of social media in their lives. Group work will involve activities and discussions that foster healthy social media discussions. **This forum is for parents and adolescents to attend together.**

April
29th
6-8pm

Accepting, Respecting, and Protecting Sexual and Gender Identity in Adolescence

This workshop will provide parents the opportunity to learn about and discuss sexual and gender identity development in adolescence. We will focus on general background information on these topics, and foster parents' ability to accept, respect, and protect their adolescent's sexual and gender identity. **This workshop is intended for parents only.**

May
13th
6-8pm

Keeping Teens Safe: Preventing Underage Substance Use/Misuse

Come learn about what kids in our area are using, see what you can do as a parent in a quick 15 minute mini-lesson format, and discover what an ideal prevention community looks like! **This workshop is intended for parents only.**



Creating a healthier Southern York County
www.ctbh.org

These free workshops are sponsored by the Choose To Be Healthy Coalition and the Kittery Youth Committee. A \$5-\$10 suggested donation is appreciated to help offset costs. Free parenting book to the first 10 families in attendance!