



# GROWING UP!

A workshop for parents and their child(ren) ages 10-13

Growing up can be exciting, exhilarating, confusing and scary – all at the same time! Join health educators from myHealth for Teens & Young Adults for a fun and informative three hour workshop that will take some of the mystery out of puberty and the questions out of adolescence. Prepare to laugh, create, question, learn and grow – **TOGETHER!**

## PARENTS AND DAUGHTERS

- 9/28/17 • District 112 Community Education
- 9/30/17 • Minnetonka Community Education
- 10/7/17 • Eden Prairie Community Education
- 10/12/17 • Hopkins Community Education
- 10/14/17 • Edina Community Education
- 10/26/17 • Shakopee Community Education
- 11/28/17 • Wayzata Community Education
- 12/2/17 • Plymouth Community Education

## PARENTS AND SONS

- 11/11/17 • Minnetonka Community Education

## FOR MORE INFORMATION & TO REGISTER:

myHealth for Teens & Young Adults  
[myhealthmn.org/classes-and-workshops](http://myhealthmn.org/classes-and-workshops)

For questions, call 952-767-0933 or email  
[LauraH@myhealthmn.org](mailto:LauraH@myhealthmn.org).

# PARENT TOOLKIT

## FREE myHealth Parent Education Workshop!

Parents will learn helpful tips to build strong relationships with the young people in their lives. Parents will hone skills to communicate with their teens about difficult topics like sexuality, sexual health, cyber safety, healthy relationships, consent and family values.

This workshop is great for parents of pre-teens, teenagers, and parents with young people that have special needs.

**October 19, 2017 6:30-8**

**February 8, 2018 6:30-8**

**December 7, 2017 6:30-8**

**July 19, 2018 6:30-8**

**Workshop is located onsite at the myHealth Clinic**

15 8th Ave. S., Hopkins, MN 55343

Please direct any questions to the Manager of Community Education at [Kelseys@myHealthmn.org](mailto:Kelseys@myHealthmn.org)

**Looking for more parent workshops?** myHealth educators can come to your home, school, or local organization and facilitate a workshop based on your unique needs.



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