



GROWING UP

A workshop for parents and their child(ren) ages 9-12

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!**

Kids ages 9-12 and their parent, or other trusted adult, will engage in fun and thought-provoking activities that help them learn about: puberty, reproductive anatomy and development in males and females what is normal (and great!) about growing up, how to have the best parent-child communication possible, and how to maintain or strengthen family bonds.

Parents and Daughters:

9/26/19 Minnetonka Community Education 9-12am

11/14/19 Edina Community Education 5:30-8:30pm

Parents and Sons:

12/7/19 Minnetonka Community Education 9-12am

Limited space available!

Register at myHealth for Teens & Young Adults
<https://myhealthmn.org/parent-presentations/>

For questions, call 952-767-0933
email KelseyS@myhealthmn.org

