

# We're here to help!





# Unsure of how to talk to your teen(s) about relationships and sex?

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### ***WE OFFER:***

#### **Classroom presentations on...**

- Sexual health topics
- Healthy relationships
  - Intro to LGBTQ
  - Cybersafety
- Stress management
- Check our website for more topics

#### **Parent education on...**

- Growing up / puberty workshops
- Parent toolkit: Gain skills and resources to build stronger relationships with teens
- It's that easy: talking to your teen(s) about dating and sex

#### **Professional development on...**

- Navigating sensitive conversations
  - LGBTQ 101
- Restorative and trauma-informed teaching practices

#### **Additional services**

- Teen Outreach Program (32 weeks)
- Youth Development Groups (6-8 weeks)
  - Summer Empowerment Camps
  - Youth Advisory Board

For additional information or to schedule a group or presentation, please contact [KelseyS@myhealthmn.org](mailto:KelseyS@myhealthmn.org) / 952.767.0933