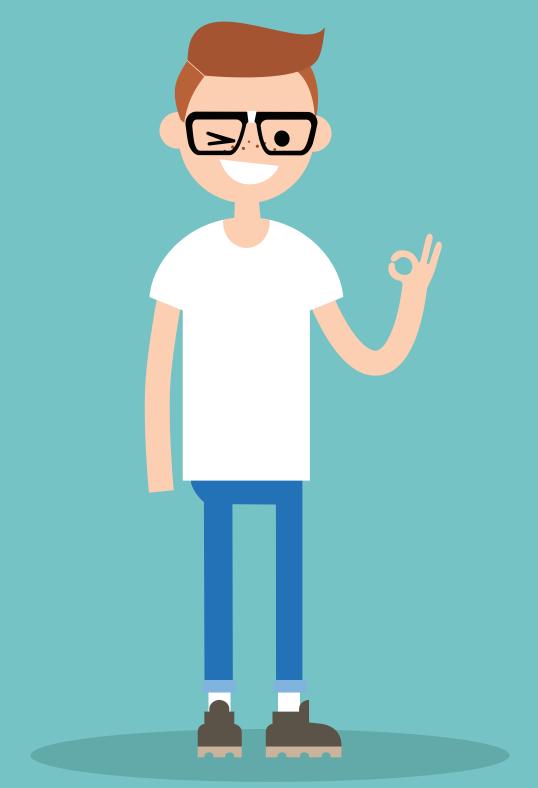
## We're here to help!







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

## We're here to help!

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 / 952.767.0933



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