

# *Support for Parents of Adolescents*

**October Session:**

## **Change to Chill: A Stress Management Program by Allina Health**



**Presentation: Allina Health/"Change to Chill"**

**When: Monday, October 8th 6:00-7:30pm**

**Where: Eisenhower Community Center, Room 208**

**RSVP/questions to Amanda Dwinell 952.988.5356**

Visit <http://movefwdmn.org/get-help/family-counseling/> for a calendar of sessions/topics.

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