



TOGETHER

- FOR TEENS -

***Increasing awareness about today's
pressures on teenagers***

For Parents: Live workshops on Zoom
November 10th 6-7:30pm

Supporting your Teen's Mental Health & Wellness
CHOC Children's Scott Ryan, LMFT

November 12th 6-7:30pm

Digital Parenting During COVID-19 - Diana Graber
author of "Raising Humans in the Digital World"

RSVP <http://bit.ly/T4T20>

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For Teens: Instagram live workshops, IGTV
& giveaways!

November 10th, 11th, & 12th

*Writing your story, pursuing your passions, self-care,
exploring your future, and more.*



Follow **@together4teens**



Wellness
& Prevention
Center.