



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>



**For Teens: Instagram live workshops, IGTV
& giveaways!**

November 10th, 11th, & 12th

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



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OLIVE CREST
Strong Families, Safe Kids



**Wellness
& Prevention
Center.**