

Guiding Youth Toward Healthy Relationships

This training is being offered free of charge. CEUs are provided for free as well.

Location: DePelchin Children's Center, 4950 Memorial Drive (if using GPS, use 100 Sandman, 77007)

Date/Time: June 15, 11 am to 1 pm – Bring your lunch!

Register: email Michael Migura at Michael.Migura@envolvehealth.com

Youth and young adults require guidance on how to develop and maintain healthy relationships. This interactive workshop for caregivers will help them to understand how to effectively talk to youth about healthy relationships as they guide them in transitioning into adulthood.

The workshop will discuss ways in which to identify characteristics of a healthy relationship versus an unhealthy relationship; setting boundaries; types of safety; relationship warning signs; communication; and love and intimacy.

Goals/Objectives:

Participants will be able to identify characteristics of healthy versus unhealthy relationships.

Participants will be able to talk to youth about setting healthy boundaries.

Participants will be able to identify relationship warning signs.

Participants will be able to talk to youth about healthy relationships and communication within relationships.