

PARENTING TOOLBOX FOR THE TEENAGE YEARS

EASTLAKE HIGH SCHOOL
PERFORMING ARTS CENTER
WEDNESDAY, JANUARY 22ND
7:00PM - 9:00PM

Join school and district staff, as well as local professionals, on **Wednesday, January 22nd from 7-9pm** for a night dedicated to helping parents bolster their parenting toolbox for the teenage years.

The evening will feature four fantastic breakout sessions:

- **The Teenage Brain**
- **Drug & Alcohol Abuse and Healthier Options to Cope with Stress**
- **Social Media and Its Impact on Teens**
- **Building Strong Families: Practical Strategies for Improving Family Ties**

Service providers and representatives from local agencies will also be on site, sharing community resources and providing essential information related to the evening's topics - and beyond.

Coffee and cookies will be served.



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