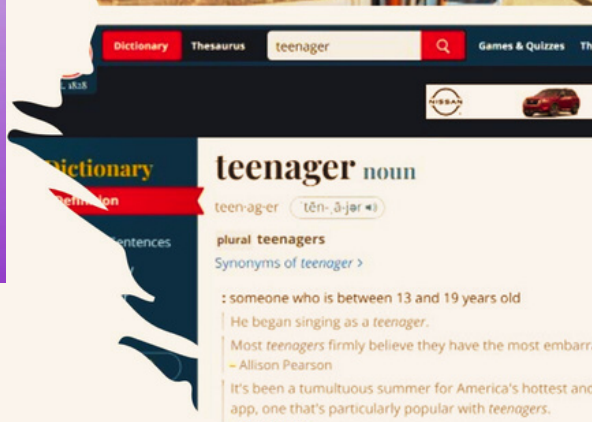


Unpacking the Teen Years

A supportive parenting series

Family & Consumer Sciences

RAISING KIDS, EATING RIGHT, SPENDING SMART



While the teen years often make parents/caregivers tremble, it really is a wonderful time of growth for teens. What they are experiencing is really a spectacular time of life.

Join us to learn about:

- Changes in your teen
- Ways to build connectivity
- Communication strategies and tools
- Challenging behaviors and know how to identify red flags
- Building relationships for the future
- How a positive approach to your teen will benefit your relationship

[Click Here to Register](https://bit.ly/3BirkW1)
<https://bit.ly/3BirkW1>
or SCAN QR CODE



VIRTUAL 4-SESSION SERIES
(every other week)

OCTOBER 8, 22 AND NOVEMBER 5, 19
7:00-9:00 PM

Cost: \$40/person
\$0 Solidarity (if you cannot pay at this time)

Cornell Cooperative Extension
Orange County

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