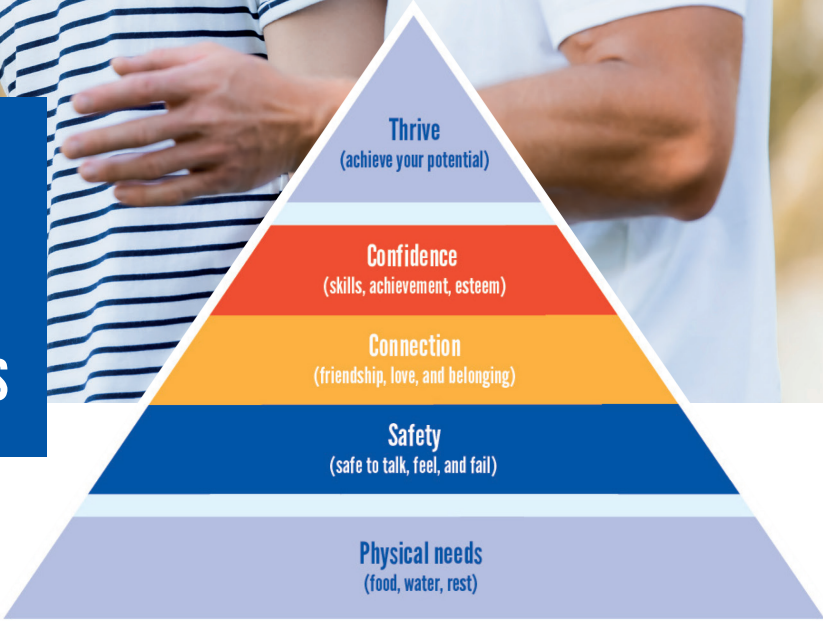


WHAT DOES MY ANXIOUS TEEN NEED FROM ME?



EveryDay Strong

A NEW INITIATIVE FROM
United Way of the Black Hills



What you will learn:

- How to get your child to talk to you
- How to ask your teenager questions that improve your relationship (without causing them to shut down!)
- **A NEW FRAMEWORK FOR EMOTIONAL HEALTH.** These foundations of emotional health need to be met for kids to thrive.

To learn more or register, visit unitedwayblackhills.org/everydaystrong or scan QR Code.



Beginning August 26th, training sessions will take place at 5:30 p.m. on the last Monday of each month through the end of the year. These sessions will be held at the United Way of the Black Hills office.



United Way of the Black Hills
EveryDay Strong