

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,
visit unitedwayblackhills.org/everydaystrong
or scan QR Code.



EveryDay Strong



UNITED WAY
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