## ACTIVE PARENTING

For Parents of Youth Ages 11-16

Improve Communication
& Discuss
Tech & Teens,
Brain Development
& Decision Making

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Beginning
November 12, 2024
5:30pm-7:30pm
ZOOM



No cost registration

541-389-5468

## **FAMILY RESOURCE CENTER**

of Central Oregon





With two teens of my own, I'm right there in the trenches with you – together we can navigate the journey of adolescence with patience, a little bit of humor and a lot of coffee along the way. We've got this!