



PREVENTION WORKS!

A Community Coalition of Clallam County

YOU'RE INVITED! FREE ONLINE CLASSES!

Up Your Parenting Game: Support Yourself and Your Family

Geared to parents/caregivers of kids ages 11-18, but all are welcome:

Mondays 6:30-7:30pm - April 11, April 18, April 25, May 2



Rachel Hardies is a mental health counselor at New Growth Counseling Services and a mental strength coach with Head in the Game Consulting. She has been supporting families and youth in our area since 2009. Outside of work, Rachel has many places she enjoys putting her time. High on her list is: running or walking outside near the water or in the forests and spending time with her family and friends. She's most inspired by being able to share what she's learned with others.

TOPICS COVERED

- Gain an understanding of how the stress response works
- Learn how to use that knowledge to help your tween/teen
- Gain an understanding about their developmental stage
- Learn an attentive process called Being N.E.A.R.R to improve your relationship
- Explore common tween/teen behaviors
- Plus! Door Prizes, Food Coupons, and More!



REGISTER NOW! CLICK LINK BELOW OR SCAN QR CODE

<https://www.eventbrite.com/e/up-your-parenting-game-support-yourself-your-family-tickets-292856681217>

**** Sponsored by Prevention Works! and funded by a generous grant from the Albert Haller Foundation ****

Prevention Works! is a coalition that promotes positive childhoods in Clallam County.

Prevention Works! advocates, educates, and invests in our children.

... Helping children thrive for 24 years ...

More Information: www.pw4kids.org - info@pw4kids.org