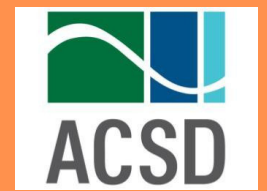


BUILDING RESILIENCE IN OUR YOUTH



Free workshops for ACSD Parents

April 10th 6:00 - 8:00 PM at MUHS

Curriculum is geared towards parents with students in grades 6 - 12

Parents can attend two of these hour-long workshops:

Sexual and Relational Health

by WomenSafe

Helping your Teen Manage Stress and Anxiety

by Counseling Service of Addison County

Tweens, Teens, and Screens

Ideas that can help families navigate technology

by Parents Supporting Thoughtful Technology

Alcohol, Drugs, and Juuling Awareness

by UVM Medical Center