

## empowered families Workshops

**JOIN US FROM 2:00 – 3:30 PM** 



## **Social Media November 10**

Insights for caregivers about trends in social media and their impact on youth's mental health.



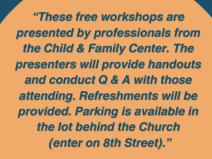
## **Substance Abuse November 17**

Provides caregivers with tips on how to talk to their child about addictive substances such as cannabis.



## Relationships November 24

Guides caregivers to help youth develop and maintain healthy connections.





For More Information About These FREE Workshops & to RSVP Call the Church Office



(661) 259-0555

