

WHAT DOES MY ANXIOUS TEEN NEED FROM ME?

Everyday Strong Resilience Training

FOR ANY CARING ADULT

PARENT TEACHER CONFERENCES

Thursday, September 15th 2022

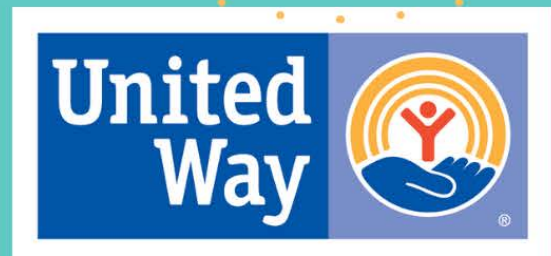
5:00 p.m. - 6:00 p.m.

SPANISH FORK JR HIGH
LIBRARY

"CRUMBL COOKIES REFRESHMENT"

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!)
- Plus, receive 15 simple ideas to support your teen's motivation and emotional health



United Way of Utah County

EveryDayStrong.org