

Calling Middle School Students



Free Training Series for Young Teens

Mondays, October 2 – November 6, 2017

6:30 – 8:00 PM

**Stacy C. Sherwood Community Center
3740 Old Lee Highway, Fairfax, VA 22030**

Middle school-age youth are invited to participate in six sessions of LifeSkills Training. Participants will learn healthy habits and build skills. This evidence-based program covers topics such as:

Self image and self-improvement, Coping with anger, Making decisions, Communication skills, Myths and realities about smoking, alcohol and marijuana, Social skills, Resolving conflicts, Advertising, Coping with anxiety, and Assertiveness.

Dinner served every session! Teens who attend regularly **earn gift cards!**



Hosted by Fairfax City Parks & Recreation

REGISTER TODAY! Visit us online at www.fairfaxva.gov/ParksRec

Or come into one our City locations (Green Acres, City Hall or Sherwood Community Center) to register in person!



Open to all interested participants. LifeSkills Training is offered through the support of Fairfax County Neighborhood and Community Services' Partners in Prevention Fund.