

# Calling Middle School Students



## Free Training Series for Young Teens

Wednesdays, May 10 – June 14, 2017

5:00 - 6:30 PM

4031 University Drive, 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
- Making decisions
- Myths and realities about smoking, alcohol and marijuana
- Advertising
- Coping with anxiety
- Coping with anger
- Communication skills
- Social skills
- Assertiveness
- Resolving conflicts

**Make Friends!  
Get Ready for  
High School!**

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



Register at [www.FormedFamiliesForward.org](http://www.FormedFamiliesForward.org) or call (703) 539-2904.



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