

# Calling Middle School Students



## Free Training Series for Young Teens

Wednesdays, February 17 – March 24, 2021

5:55 – 7:00 PM

This session is being offered virtually.

Middle school-age youth (grades 6-9) 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, Social skills, Assertiveness, Communication skills, Myths and realities about smoking, alcohol and marijuana, Resolving conflicts, Advertising, and Coping with anxiety.*

Teens who attend regularly **earn gift cards!** Class dates are February 17 and 24, and March 3, 10, 17 and 24, 2021.



Open to all interested participants: **Register at FormedFamiliesForward.org or <https://lifeskillswinter2021.eventbrite.com>.** Call 703-539-2904 for more information. LifeSkills Training is offered free of charge to families through the support of Fairfax County Neighborhood and Community Services' Partners in Prevention Fund.