

Calling Students Grades 5 - 8



Free Training Series for Youth

Wednesdays, October 27 – November 17, 2021

5:45 – 6:30 PM

This session is being offered virtually.

Youth in grades 5 through 8 are invited to participate in four sessions of CATCH My Breath. Participants will learn healthy habits and build skills. This evidence-based program covers topics such as:

Resisting their own curiosity; Peer and advertising pressure to experiment with e-cigarettes; Understanding that e-cigarettes are addictive, unhealthy, and not as popular as they think; and Influencing friends and peers not to use e-cigarettes.

Participants who attend regularly **earn gift cards!** Session dates are October 27, November 3, 10 and 17, 2021.



Open to all interested participants: **Register at FormedFamiliesForward.org or <https://catchfall21.eventbrite.com>.** Call 703-539-2904 for more information. CATCH My Breath program is offered through the support of Fairfax County Neighborhood and Community Services' Partners in Prevention Fund.