



# CONCERNED ABOUT THE EMOTIONAL WELL-BEING OF YOUR TEEN OR TWEEN?



**DROP IN!**  
**NO REGISTRATION REQUIRED!**

# NAVIGATING THE TEEN YEARS

You don't have to do this alone!

## PEER TO PEER SUPPORT

Join us! This group provides parents, grandparents, and other caregivers with a safe place to share, gain valuable information and resources, process many of the common challenges families experience with pre-teens and teenagers, and benefit from the experiences and support of others.

**MEETINGS ON  
2ND AND 4TH TUESDAYS  
7:00 - 8:00 PM**  
Bellbrook Sugarcreek Community Support Center  
51 S East St, Bellbrook

## TOPICS INCLUDE

- Mental Health Awareness
- Screen Time, Social Media
- Teen Stress: Academics, Peers, etc.
- Relationships & Dating
- Understanding Teen Development
- Managing Difficult Emotions
- Enhancing Effective Communication
- Healthy Identity Development
- Building Strong Family Relationships
- And More!

