

Being a parent of a teen can be challenging...



# TEEN SPEAK

can help!

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*Teen Speak* is a program that provides the necessary tools to open the lines of communication between parents or guardians and their children focusing on topics such as sex, mental health, and substance use.

Learn how to strengthen your relationship with your teens and create a healthy environment that fosters their growth and helps them make safer, more informed choices.

*Teen Speak* lasts 4 hours (can be separated into sessions) and it takes place in a parent-caregiver group setting. The sessions can be held in person or virtually and are available in English and Spanish.

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If you have questions and/or to schedule the program, please contact Vanessa DeRosa at 908-488-0899 or email [vanessa@empowersomerset.com](mailto:vanessa@empowersomerset.com).

Participants will receive a \$40 gift card after attending all sessions.

