

Calling Middle School Students



Free Training Series for Young Teens

Thursdays, September 19 – October 24, 2019

5:30 – 7:00 PM

Offices of Formed Families Forward

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, Coping with anger, Making decisions, Communication skills, Myths and realities about smoking, alcohol and marijuana, Social skills, Resolving conflicts, Advertising, Coping with anxiety, and Assertiveness.*

Dinner served every session! Teens who attend regularly **earn gift cards!** Class dates are September 19 and 26, and October 3, 10, 17 and 24.



Open to all interested participants: **Register at <https://fflifeskillsfall2019.eventbrite.com>.** Call 703-539-2904 for more information. LifeSkills Training is offered through the support of Fairfax County Neighborhood and Community Services' Partners in Prevention Fund.