

Family Empowerment Program

# Empowering Teens and Parents

*A two-hour class that can help you connect*



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location: \_\_\_\_\_

## PRE-REGISTRATION CALL REQUIRED

At (503) 823-0088, leave your name, phone number, and date you would like to attend.

Learn about:

- ◆ How to increase your success in school
- ◆ Understanding yourself better
- ◆ Helping your parents to understand you
- ◆ How you can reach your goals
- ◆ Being a happier family

Come with your parents, a mom or dad or bring an adult that is like a parent to you and spend some time doing something challenging and different!

Referred by: \_\_\_\_\_

