

Talking to Teens About Healthy Relationships

Do you have a teen?

Do you ever worry about who they're dating—or whether they'd come to you if something didn't feel right?

You're not alone.

Many parents want to talk about relationships but aren't always sure how to begin.

February is Teen Dating Abuse Awareness Month, Wellspring is inviting parents and caregivers to join us for a training designed to:

- ✓ **Spot healthy vs. unhealthy relationship behaviors**
- ✓ **Talk about boundaries in ways teens understand**
- ✓ **Start conversations that feel natural**
- ✓ **Feel more confident supporting your teen**



Why it matters:

1 in 3 teens experiences an unhealthy or abusive relationship. Trusted adults can make a difference.

Tuesday, February 10th

10:00-11:00 AM or 6:30-7:30 PM



Wellspring

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Call to Register
phone: 518-583-0280

