

Tackling Tough Topics with Teens

T⁴

Build Trust & Reduce Risk

All participants will be entered to win a \$25 gift card!

About T⁴

If you are an ally for youth health and well-being, this workshop is meant for you. Created with parents, guardians, teachers, coaches, mentors and more in mind, this FREE, 2-hour interactive course will introduce the essential elements of effective communication to build trust and reduce risk for teens.

Topics and skills that will be covered:

- Current information about substance use and mental health needs
- Communication strategies to build trust, encourage critical thinking and promote healthy choices
- Information about why being a trustable adult supports prevention

T⁴ will be offered in-person and virtual on the following dates:

In-Person

- Thursday, 3/30/23; 6-8 p.m., Everitt Middle School (in English with Spanish interpretation available)
- Wednesday, 5/10/23; 5:30-7:30 p.m., Columbine Library

Virtual (on Zoom)

- Thursday, 4/13/23; 1-3 p.m.
- Thursday, 4/27/23; 1-3 p.m.
- Thursday, 5/4/23; 1-3 p.m.
- Thursday, 5/25/23; 1-3 p.m.

Participants will receive a workbook with resources for ongoing support.

Para obtener información sobre los talleres ofrecidos en español, comuníquese con Donna Viverette en dviveret@jeffco.us.

Register today! Visit www.bit.ly/T4JEFFCO



JEFFERSON
COUNTY COLORADO
Public Health

**Tobacco
Prevention
Initiative**

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