



Around the State **Let's Talk Month 2011 Calendar**

October 5, 12, 26 and November 2 and 9 – 11:30 a.m. – 1:00 p.m.
October 18, 27 and November 1, 10 and 15 – 6:30 – 8:00 p.m.
Parenting Teens

Hopkins Eisenhower Community Center, Room 148
1001 Highway 7, Hopkins
Cost: \$45 for five class section or \$12/individual class

Parenting is a journey. Engage with other parents and parent education facilitator to share concerns, experiences and wisdom around parenting. Attend one to five classes.

Topics include:

1. Effective Parenting: Communication, Independence Setting Limits
2. Teen Development (Brain, Social/Emotional and Physical)
3. Anger, Stress and Anxiety in Teens and Families
4. Healthy Sexuality (Communicating Values, Relationships, Safety)
5. Cyber Safety (Social Networking, Sexting, Monitoring Online)

Register online at www.hopkinscommunityed.org or call 952-988-4070 for more information.

October 8, 2011 **Mother-Daughter Retreat** **Making the Connections: A Day of Discovery for Mothers and Daughters**

Twin Cities

Planned Parenthood's Mother-Daughter retreats help girls ages 10-12 and their mothers or female mentors connect and communicate. Through dialogue, activities and discussion, there is an element of fun and lightheartedness to some important topics including: puberty, healthy sexuality, family communication and connection. Email education@ppmns.org or call 612-821-6198 for more information and to register.



1619 Dayton Ave, Suite 111 • St Paul, MN 55104
651-644-1447 • fax 651-644-1417 • www.teenwisemn.org

November 5, 2011
Mother-Son Retreat
Building Foundations: A Day of Connections for Mothers and Sons

Twin Cities

An all-day retreat for 10-12 year-old sons and their mothers or female mentors. Activities are designed to support positive parent-child communication about puberty and sexuality, and to emphasize the value of building healthy relationships. Email education@ppmns.org or call 612-821-6198 for more information and to register.