

Interested in bringing a
Teen Speak Workshop
to your organization?



Teen Speak is a **FREE** interactive workshop for all parents and caregivers in New Jersey. Teen Speak is provided through the Teen Speak NJ Program, that teaches parents and caregivers techniques and strategies for improving communication with youth. Teen Speak builds trusted adult relationships to mitigate risky behaviors among teens and improve decision-making skills to build better futures for teens and their families.

During this workshop participants will learn:

- The importance of a Strong Parent-Teen Relationships
- Adolescent Development & Risk Behaviors
- Introduction to Motivational Interviewing Skills
- Strategies for Managing Resistance
- Participants will gain first-hand experience using the tools and strategies provided in the workshop through interactive activities, role plays, and more!

**Scan Here to visit the Teen Speak NJ website
to learn more!**

**This workshop is
FREE!**

**There are incentives
for participation!**



**For more information about the
Teen Speak NJ program
email us at:**

TeenSpeakNJ@pmch.org

