

Teen Speak Workshop

for all parents and caregivers in New Jersey



Every conversation matters

Teen Speak is a **FREE** interactive workshop for all parents and caregivers in New Jersey.

During this workshop participants will learn:

- How to start and continue conversations with your teens
- 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 find a Teen Speak Workshop near you!

This workshop is FREE!

There are incentives for participation!



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

TeenSpeakNJ@pmch.org

