



**Parenting Healthy Preteens** was designed to help parents support their children to successfully bridge the period from childhood to adolescence. This program is based on the KITS and KEEP Programs at the Oregon Social Learning Center.

**Parents will meet together online for:**

- 90-minutes, once a week for 8 weeks.

This program is **FREE** for parents of **4th – 6th** graders

**As a thank you for participating:**

- all families receive a \$25 gift card for attending the first group.
- families have a chance to win weekly raffles, a \$20 gift card each week, and a \$100 gift card on the last session. *(They earn a raffle ticket each time they attend).*

**Additionally:**

- families can earn up to \$75 for completing questionnaires about themselves, their child, and what they thought about the program *(families do not have to fill out questionnaires to participate).*

**In Parenting Healthy Preteens, group facilitators will guide parents through:**

- ways to support their preteen's mental health, positive self-esteem, and success at home and school.
- ways to support themselves as parents.

**For more info, contact:**

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