

FREE PARENTING WORKSHOPS

Jefferson County Communities that Care, Jeffco Public Schools and Jefferson County Public Health's Tobacco Prevention Initiative are offering two workshops during the 2021-2022 school year for parents, guardians and caregivers. During the workshops, participants will learn practical skills for building trust and having difficult conversations with youth about alcohol, marijuana, vaping and other substances.

Start the Conversation (STC)

- Two-hour workshop for parents, guardians and caregivers
- Youth are welcome! Though designed for adults, youth in peer supporter roles may find the training helpful
- Focuses on preventing vaping and other tobacco use
- Provides skills needed to foster strong relationships and build trust to help with starting and continuing important conversations

Navigating Substance Experimentation in Teens (NSET)

- Two-hour workshop for parents, guardians and caregivers
- Not recommended for youth to attend
- Focuses on how to guide youth who are, might be or have friends who are experimenting with alcohol, marijuana and other substances
- Provides practical tools in an interactive and judgment-free environment

Both workshops* will be offered virtually in English and Spanish every month from September - April (excluding December) on the following recurring schedule:

- 1st Wednesday of the month; 6-8 p.m. - NSET (English)
- 2nd Wednesday of the month; 6-8 p.m. - NSET (Spanish)
- 3rd Wednesday of the month; 6-8 p.m. - STC (English)
- 4th Wednesday of the month; 6-8 p.m. - STC (Spanish)

Register today! Visit www.TwelveTalks.com/workshops

**Participants are encouraged to take BOTH courses, but this is not required.*



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TO HAVE WITH TEENS
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JEFFERSON
COUNTY COLORADO
Public Health

**Tobacco
Prevention
Initiative**