

Challenging Topics for Parents of Teens & Tweens

Two free classes for
parents coming to the
Mason City Family
YMCA on June 2.



DiscoverU



PUBLICHEALTH
healthier together



Date:

Sunday, June 2, 2024

Times:

Adolescent Brain Development &
Communication, 1-2 pm

Reproductive Anatomy &
Contraceptives, 2:30-3:30 PM

Location:

Mason City Family YMCA

For Foster Care CEUs:

Call 422-4271

For Child Care:

Call 422-4271

Tuition:

FREE

NIACC Continuing Education, Cerro Gordo Public Health, The Mason City Family YMCA and Partners 4 Children CPPC are sponsoring two free of charge classes for parents at the YMCA on June 2, 2024. All attendees will receive a YMCA day pass and be entered for a chance to win a three month family pass to the YMCA. These classes count towards Foster Care CEUs if you attend both sessions.

Child care is available by reservation. Just call 641-422-4271 and ask for Dyan before noon on May 30 to reserve a child care spot.

Adolescent Brain Development & Communication

June 2, 2024 • 1:00-2:00 PM

Join our class to gain insights into adolescent brain development and enhance communication with your teen. Leave with a deeper understanding of your teenager's world and practical skills to strengthen your relationship and encourage open communication.

Reproductive Anatomy & Contraceptives

June 2, 2024 • 2:30-3:30 PM

Join our class for parents of teens and tweens to understand reproductive health, anatomy, and contraception basics. Learn how to have open conversations with your teen about their changing bodies and explore contraception options together. Equip yourself for supportive and informed parenting.