



# Teen Speak Workshop

for all parents and caregivers in New Jersey



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!

**January 20th & 27th**  
**6:00 PM -8:00 PM**

**Family Support Organization Of Essex County**  
**60 Evergreen Place, Suite 900, East Orange, NJ 07018**

**This workshop is FREE!**

**\$25 Gift Card incentive will be given  
for those who complete 50% of the  
workshop**

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

**[TeenSpeakNJ@pmch.org](mailto:TeenSpeakNJ@pmch.org)**

