



— Date Night —

An Evening with the Important Young Person in Your Life

At the height of academic and social stress, is it possible for teens (and their parents) to communicate in a respectful confident and non-aggressive way? With the right tools, the answer is a resounding yes! Join us for this interactive, three-part dinner series for teens ages 11 – 15 and their parents. Sessions will be led by esteemed Dale Carnegie trainers. Location: Laguna Beach Susi Q Senior Center 380 3rd St, Laguna Beach, CA 92651.

Cost: \$45 for 3 part dinner series (Scholarships available). **More info:** Marci Mednick (949) 632-6400.

Register or Request a Scholarship: (877) 459-3627 Online: mission4health.com

1 SESSION

Confident, Assertive Communication: Key to a Successful Future

Wed May 10th | 6:30 – 8pm

Being a teen is challenging in today’s media driven world. Expert coaches will help students build communications skills while instilling confidence. These skills will help them excel in social and academic situations.

2 SESSION

How to Win Friends and Influence Peers

Wed, May 17th | 6:30 – 8pm

Technology is making it more difficult for young people to effectively develop face-to-face relationships. This workshop will help them learn how to use human relations principles from the best-selling book, “How to Win Friends and Influence People” to improve communication.

3 SESSION

Disagree Agreeably & Put Stress in Perspective

Wed 24th | 6:30 – 8pm

Disagreements, from time to time, are not only inevitable, but are a natural dynamic between young people. This workshop will help participants to effectively state their opinions and disagree agreeably in these situations.

