

DOES IT EVER FEEL LIKE YOUR PARENTS JUST DON'T GET it?

*Is it tough to talk with adults about the **important things**?*

LiFT is a 6-hour program that brings teens together in a safe space where you'll learn to talk with the adults in your life about the tough stuff. At the same time, your parent* will learn how to listen to you and support you to reach your goals.

- **Have fun sharing with your friends**
(in a separate space from your parents)
- Learn how to communicate with and **be heard by your parents**
- Enjoy **food, prizes and money!**

LiFT
LINKING FAMILIES & TEENS

**You can join LiFT with a parent, caregiver, grandparent, aunt or uncle, or another important adult in your life.*

Questions? Interested in participating?

Please contact:
