



# Moms Connected

## For Moms of Teens and Tweens

Date: February 23, 2017

Time: 9:15 a.m. to 11:15 a.m.

Topic: Wellbeing: Striving for Balance in the Teen Years

Speaker: Jeff Helton

Cost: Free for first time attenders! Or, \$6 for mom only, \$4 for the first child, \$2 for each additional child

Where: FBCG West Campus, 3435 Keslinger Road, Geneva

Moms of tweens and teens are invited to Moms Connected as Jeff Helton presents *Wellbeing: Striving for Balance in the Teen Years*. The adolescent years may be the most exciting and frustrating time in life. This time of self-discovery creates stress as children are transitioning into adulthood. Social media, college decisions, peer pressure, dating, and many other issues can easily overwhelm our teens - whether they show it or not. Helping teens develop skills to balance the demands of their lives and learn ways to prioritize their personal values are critical life skills that must be developed in this season for the teen's wellbeing.

## Breakfast is provided!



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