

interACT

*For Families
and Children
3rd-6th Grade*



Learn Skills to help you **Accept, Choose, and Take Action** for self care and healthy relationships! interACT is a FREE virtual 4-Week series with one hour separate group sessions for adults and youth!

Mondays in May
May 2, 9, 16, & 23
Youth: 6:00-7:00 PM
Adults: 7:15-8:15 PM

Lessons Focus On:

- living a life that follows your values
- setting goals to reach new heights
- learning new tools to connect with each other
- finding new ways to be in the present moment
- how to overcome difficult thoughts and feelings
- and much more!

Learn More & Register:

Story County Extension
Mary Wilkins
mwilkins@iastate.edu
515.337.1601

***Foster Parents can earn credit
for each hour of the program!***

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Extension and Outreach