

 **FOOD!**



FREE!

LAKE FAMILY RESOURCE CENTER IS
PROUD TO PRESENT

Making Proud Choices **Summer Workshop**

Join our 3 day intensive workshop and learn about goal setting and making your dreams come true! We will talk about healthy communication, boundary setting, healthy relationships and get the opportunity to enhance refusal and negotiation skills so you have the confidence to speak your truths.

 This workshop will include pregnancy and STI prevention information to combat the rise in STI rates locally.

Please note, this is a sexual education course and we will discuss STI and pregnancy prevention.

 All the tools you need to take control of your future and make proud choices!

Two opportunities to attend

Clearlake Office
15120 Lakeshore Dr.
July 16-18th
1:30-5:00pm

Lakeport Office
896 Lakeport Blvd.
Next to Sky Gymnastics
July 23rd-25th
1:30-5:00

Earn a Gift Card
For Completing The Workshop 

 For more information call Sharon 707-279-0563 Ext: 216