

**Save the Date!**  
Thursday, March 20<sup>th</sup>  
6:30pm- 8pm

Parent Night:  
**TWEENS, TEENS & TOUGH CONVERSATIONS**

Brunswick Jr. High School Library

Please join us for an informative parent night presented by a panel of community professionals. Our goal is to provide useful information about how to talk to your children about several difficult yet very important topics. These topics will include:

- Self harm
- Substance abuse prevention
  - Healthy relationships
  - Body image
- Family communication

Please RSVP by March 17th to the counseling office by calling 319-1932 or emailing [aroy@brunswick.k12.me.us](mailto:aroy@brunswick.k12.me.us)

Light refreshments will be provided. We look forward to seeing you there!