5th grade parents at Frederick and Park
are you READY…or NOT???

There are so many conversations your children need as they face the changes of puberty.

They hear a lot from TV, movies, songs, social media, the internet, the news, their friends…
but how much are they hearing from you?

It’s time to “get ready” to start talking now!

Pat Garrity, L.C.S.W., will offer parents, grandparents and guardians:
✓ Facts to help you start conversations
✓ Ways (for you and your child) to feel less embarrassed when you talk
✓ Ideas to help mothers and fathers talk to their daughters and their sons
✓ Suggestions to include family values

You will also preview the information your child will have in their classroom program.

Wednesday, November 12 - 7:00 p.m. to 8:30 p.m.
at Frederick School in the Multi-Purpose Room.
(you’ll laugh, you’ll learn, and you’ll like the resources!)

“Great presentation! I appreciate putting parents as the first teacher – as it should be.”
“I could listen for hours. Her suggestions were things I could do tonight.” (mom)
“This lady knows her stuff. A wealth of real time info and advice.” (dad)
“You are a NATURAL at expressing the difficult information.“ (mom)
“Exceptional! Well worth the time!”

This evening presentation is intended only for the adults in the family.
If you would like more information, please email pat-garrity@att.net or contact Elisa Bundy, RN, Health Coordinator for Grayslake District 46 at (847) 543-5834.