

# Father & Son Connecting

## Growing Up Workshop



Edina Community Education  
*FAMILY CENTER*

**SATURDAY, APRIL 16, 2016**  
**9:00-12:00 | ROOM 165 | \$40.00 PER PAIR**

**REGISTER ONLINE**

**[EDINA.THATSCOMMUNITYED.COM/](http://EDINA.THATSCOMMUNITYED.COM/)**

**SEARCH: GROWING UP**

**EDINA COMMUNITY CENTER**  
**5701 NORMANDALE ROAD | EDINA, MN**  
**CALL (952) 848-3908 WITH ANY QUESTIONS**

Growing up can be exciting, exhilarating, confusing and scary – all at the same time! Join staff from myHealth for Teens & Young Adults for a fun and informative three hour workshop that will take some of the mystery out of puberty and the questions out of adolescence.

Boys ages 10-13 and their father, or other trusted male adult, will engage in fun and thought-provoking activities that help them learn about:

- Puberty and development in males and females
- What is normal (and great) about growing up
- How to have the best parent-child communication possible
- How to maintain and strengthen family bonds

Registration is for two attendees, trusted male adult and youth. Please register with adult name.