



# COMMUNITIES THAT CARE

Invite You To a Special Evening

## FAMILY EMOTIONAL WELLNESS NIGHT



*Live Your Dream and Enjoy Life to its Fullest!*

Wednesday, February 17, 2016

6:00-9:00 p.m.

Westlake High School

99 North 200 West

Saratoga Springs, UT

### Workshop Options/Select Two

The 5 P's of Parenting

Hello? Hello? Communication Without a Cell Phone

Taking Care of You

Safe and Successful Suicide Prevention