



West Clermont Connects Parent Education Series

February 2019

FAMILY SELF-CARE

*Featuring Susan Graham from Child Focus,
Inc.*



Wednesday, February 6th
4:30-5:30 PM and 6:00-7:00 PM
WCHS Community Room A

Sleep and nutrition are important components to a teen's overall health. Come learn about ways families can improve their teen's self-care habits, as well as connect with resources for everyday family needs.

An introduction to the new WCHS HOPE Squad program will also be discussed as a potential resource for teens in need.