

# Macomb

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## Family Services, Inc.

### Online Interactive Webinar Series For Middle and High School Students Held on Zoom

(These lessons are typically provided in a school health class setting)

**May 26<sup>th</sup>, 2020 Starts at 2p.m.**

**Setting Reachable Goals:** This activity allows participants to better understand how to set a goal, imagine a goal, achieve a goal, and how to choose a mentor. Goals should be personal, possible, positive, and specific.

**May 28<sup>th</sup>, 2020 Starts at 2p.m.**

**Making Responsible Decisions:** This activity allows participants to better understand how to make responsible decisions. Explains how your decisions affect not only yourself but all those near to you- like family and friends.

**June 2<sup>nd</sup>, 2020 Starts at 2p.m.**

**Managing Emotions:** This activity allows participants to better understand how to manage emotions. Explains how to identify your emotions and healthy ways to manage emotions.

**June 4<sup>th</sup>, 2020 Starts at 2p.m.**

**Effective Communication Skills:** This activity allows participants to better understand how to communicate effectively. Explains the differences between passive, aggressive and assertive communication.

**June 9<sup>th</sup>, 2020 Starts at 2p.m.**

**Peer Pressure Refusal Strategies:** This activity allows participants to better understand peer pressure. Peer pressure can be positive or negative and can have a strong influence on our behavior.

**June 11<sup>th</sup>, 2020 Starts 2p.m.**

**Coping Skills in Times of Distress:** Life is a series of ups and downs. When we feel down for too long distress may occur. This activity helps participants cope with those down times.

\*\*Confirmation of attendance can be sent to participants following the webinar\*\*

To receive registration information and materials, please contact:

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