

interACT

*For Families
and Children
3rd-6th Grade*



Learn Skills to help you **Accept, Choose, and Take Action** for self care and healthy relationships! interACT is a FREE four week series with one hour separate group sessions for adults and youth!

April 4th, 11th, 18th, & 25th

Time: 6:30-8:00 PM

A light meal will be provided at 6:30 followed by Program at 7

Location: Story County Extension (1421 S. Bell Ave Ste #107, Ames)

Lessons Focus On:

- living a life that follows your values
- setting goals to reach new heights
- learning new tools to connect with each other
- finding new ways to be in the present moment
- how to overcome difficult thoughts and feelings
- and much more!

Register:

<https://go.iastate.edu/A8X3YB>

Questions? Contact:

Mary Wilkins
mwilkins@iastate.edu
515.337.1601

Families can receive one Ipad after attending all four sessions and completing three surveys!

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.

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Extension and Outreach

#partofyourStory