

WEBINAR




# Everyday Strong Resilience Training

For Parents/Guardians in Carbon, Emery, and Grand County

7 p.m. - 8 p.m.  
Thursday, April 30th  
Register at:  
[BeEpic-CarbonEmeryGrandWebinar.eventbrite.com](https://www.eventbrite.com/e/BeEpic-CarbonEmeryGrandWebinar)



- 1 hour presentation
  - Swag bags and resources for all participants\*
  - Subway meal voucher for attendees 
- \*Swag bags must be picked up **in-person** at a local USU Extension office.*



Register

Topics include:



How to get your child to talk to you



Simple ideas to support your teen's motivation and emotional health



How to talk about vaping and other substance use

[EXTENSION.USU.EDU/BE-EPIC](https://EXTENSION.USU.EDU/BE-EPIC)

\*Pre and pos-surveys will be completed by participants.



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