

Workshops

[It's That Easy!](#)

- Audience: For adults with children in middle school or high school.
- Objectives: Learn about typical adolescent development, identify your values around relationships and sexuality, and develop tools and strategies to engage your child in these important conversations.
- Time: 60 or 90 minute workshops

[Celebration of Change](#)

- Audience: For mothers (or another caring adult) and their daughters, ages 9-11.
- Objective: Discuss the many exciting changes of puberty! Parents and children spend some time working together, and some time in their respective peer groups.
- Time: 3 hours on a weekend, or several sessions spread out over time.

[Customized Workshops](#)

Seeking a different type of workshop about parent/child communication, puberty or sexual health?

Call us, and we'll work with you!



For more information, contact:

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Parent & Caregiver Education



Learn how to talk with your child about the changes of puberty, healthy relationships and sexual health!



Honest, accurate information - particularly from parents - is the first step toward raising healthy children who make responsible decisions about sex, sexuality and relationships.

Although most parents want to provide their children with the knowledge and skills they need, many feel unprepared and uncomfortable when it comes to topics related to sexuality.

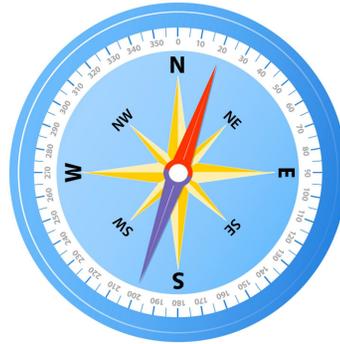
The Annex Teen Clinic facilitates a variety of workshops for parents of middle- and high-school aged children so that they may learn skills, acquire resources, and gain support.

Together, we can do this!



Location of workshops

Workshops may be held in a variety of settings, including: schools, community centers, faith communities, at the Annex Teen Clinic (in Robbinsdale), or in your home.



Just want to talk?

Contact our Parent Education staff - via phone or email - if you have questions regarding:

- Adolescent sexual health.
- Starting a conversation with your child about healthy sexuality and relationships.
- Resources for further learning.

Please note: Our staff are educators. We are not able to provide mental health counseling.

Frequently Asked Questions

- [Who is the Annex Teen Clinic?](#) We have been partnering with the community since 1971. We provide fact-based sexuality education and clinical services.
- [Where do you provide workshops?](#) We provide workshops in Hennepin County – primarily in Brooklyn Center, Brooklyn Park, Crystal, Golden Valley, New Hope, Maple Grove, North Minneapolis, Osseo, Plymouth & Robbinsdale.
- [Is there a cost for workshops?](#) No
- [Do you provide interpreter services?](#) Yes, upon request.
- [Do you provide child care?](#) Yes, upon request.
- [What are the values that guide your parent workshops?](#)
 - Parents are the primary sexuality educators for their children.
 - Every parent wants what is best for their children.
 - Sexuality is a natural and healthy part of being human.
 - Developmentally appropriate information is helpful, not harmful.
 - Our cultural, family and individual histories and experiences impact our beliefs and behaviors regarding sexuality and relationships.
 - All children deserve to live free of sexual violence.
 - The sexual images, messages, information and disinformation in media and popular culture impact our beliefs regarding sexuality and relationships.