

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 virtual 4-Week series with one hour separate group sessions for adults and youth!

Free Gift Card
Upon Completion
of Course for both
Youth and Adults

Wednesdays in November
November 9, 16, 30, & December 7
Youth: 6:00-7:00 PM
Adults: 7:15-8:15 PM

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/T0AVBQ>
Cyfar@iastate.edu
515.957.1593

Questions?
Malisa Rader
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515.708.0622

*Foster Parents can
earn credits*

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