

# 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](mailto:Cyfar@iastate.edu)  
515.957.1593

Questions?  
Malisa Rader  
[mrader@iastate.edu](mailto:mrader@iastate.edu)  
515.708.0622

Foster Parents can  
earn credits

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Extension and Outreach