



**Family Restoration  
and Healing Center**

**Free  
Workshop**

# I CHOOSE To Wait

**For Middle Schoolers and High Schoolers**



**Youth sessions include**  
Hot Topics | Discussion | Games |  
Role Plays | Videos | and more...

**Hot topics include:**

- *abstinence*
- *puberty*
- *personal health*
- *self worth*
- *peer pressure*
- *making dreams come true*



**Parents/Guardians**

**Separate sessions on Friday (6-9pm)  
and Saturday (9am-11pm) enhances:**

- *active parenting skills*
- *parent-child communication*

**Refreshments Provided  
Prize giveaways  
Incentives**

**FRI. April 29<sup>th</sup>**  
**6 pm to 9 pm**

**AND**

**SAT. April 30<sup>th</sup>**  
**9 am to 5 pm**

*Location:*

**Friendship Church Outreach Ministry  
5252 Addison Road  
Capitol Heights, MD 20743**

**Register at [www.360wholeness.org](http://www.360wholeness.org) or call 240-667-1849**

**This Maryland Abstinence Education program made possible by --**

Funding for this program is provided by the Maryland Dept. of Health & Mental Hygiene  
Office of Family & Community Health Services made possible by funding from the United  
States Department of Health & Human Services Family and Youth Services Bureau.

