

# 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!

**Sundays this Fall**  
**October 22nd, 29th, November 5th, & 12th**  
**Youth: 6:00-7:00 PM**  
**Adults: 7:00-8:00 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:**

**Please use this link to register:**  
**<https://go.iastate.edu/WF55QE>**

## **Questions? Contact:**

**Story County Extension**  
**Mary Wilkins**  
**[mwilkins@iastate.edu](mailto:mwilkins@iastate.edu)**  
**515.337.1601**

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/diversity/ext](http://www.extension.iastate.edu/diversity/ext).

**IOWA STATE UNIVERSITY**  
Extension and Outreach