

# 2019 Teen Summit & Resource Fair

Please join us for the first Frederick County Teen Summit, an insightful FREE event for teens, parents & caregivers. Continental breakfast will be served and there will be door prizes and giveaways

**Saturday, June 1<sup>st</sup>**

**9:00 am – 1:00 pm**  
**Frederick High School**  
650 Carroll Parkway, Frederick, MD

## Schedule:

- 8:00 – 9:00 Check-In and Light Breakfast
- 9:00 – 11:30 Keynote Speaker & Workshops
- 11:30 – 1:00 Teen Resource Fair

## WORKSHOP SESSIONS

### TEENS

- “How to Deal”: Stress Management, Coping Skills, Suicide Awareness
- Social Media Awareness / Personal Branding / Social Media Footprint
- Healthy Relationships / Self Esteem
- Be in the Know About Substance Abuse / Tobacco / Juul
- Entrepreneurship / Business Skills
- Finance & Budgeting

### PARENTS & CAREGIVERS

- Understanding Your Teen/Coping Skills/Stress Management / Suicide Awareness
- Supporting Your Teens Identity
- Cyberbullying / Bullying / Social Media Awareness
- Reality Check: Signs & Symptoms of Substance Use & Abuse
- Supporting Your Teen Through Employment / Continuing Education
- Parent Bootcamp

## Key Note Speaker: JASON LEE

Jason Lee of Frederick, MD is the innovative leader of Lee Building Maintenance. Lee contributes his leadership strategies to the community as well. As Past President of the Rotary Club of Carroll Creek he serves as an executive committee member for the Rotarian Initiative for Successful Employment which works to provide opportunities to community members in need. He also serves as board chair for the local Chamber of Commerce and is a board member of the Building Service Contractors International. Lee serves as an advisory board member for both Hood College and First United Bank & Trust.



*Registration is required and seating is limited.*

To register please visit:

<https://www.eventbrite.com/o/frederick-county-teen-coalition-20098428019>

*For more information, please contact:*

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**Frederick County Teen  
Coalition**

The Frederick County Teen Coalition is comprised of organizations, government agencies, and private sector companies who provide programs and services for teens in Frederick County.