
Prepped & Ready

EXPERTS EDITION



Are you ready for the teen years? Be ready with our new **FREE** parenting video series, specifically for caregivers raising teens.

LEARN TIPS FOR:

- Stopping vaping
- Preventing eating disorders
- Handling tough questions
- Suicide prevention
- Understanding how teens think



Plus! Get a free safety toolkit mailed to you!*



Video series available Oct. 4 - 21 at
cmkc.link/PreppedAndReady

*One caregiver per household raising children under 18 years old is eligible to participate in this research study.