



Connecting families & communities through safety & hope

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FOR MORE INFORMATION
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The Family Crisis Center is Gearing Up for H.E.A.R.T CAMP, a Free Summer Camp for Teenagers

Understanding what makes a healthy relationship is vital to healthy development. The Family Crisis Center of East Texas is holding the second annual H.E.A.R.T. (Healthy Equitable Acceptable Relationships for Teens) Camp. This year the camp is expanding and will be held in Cushing, Lufkin, and Nacogdoches.

The H.E.A.R.T. Camp will be held at Cushing United Methodist Church on July 9th, 10th, and 11th from 12:30 p.m. to 3:30 p.m., the Woodland Heights Affinity Center on July 23rd, 24th, and 25th from 11 a.m. to 2 p.m., and at the Nacogdoches Recreation Center on July 28th, 30th, and August 1st from 11 a.m. to 2 p.m. Admission is free and open to male and female teenagers ages 13-18. Lunch and snacks will be provided. Registration is required for participation and can be found online at www.fccet.com.

“Our relationships during our teenage years determine our future relationships,” said Joyce Pitts, Primary Prevention Coordinator for the Family Crisis Center of East Texas. “Understanding what healthy relationships are can mean the difference in how teenagers develop relationships for the rest of their lives.”

The H.E.A.R.T. Camp teaches respectful attitudes and beliefs toward all individuals even when angered by someone else’s actions or words. Long-term studies in schools have shown that this series has reduced episodes of school violence and has created better educational environments for students and teachers where it has been instated.

The Family Crisis Center of East Texas is committed to helping our community become educated on the issue of violence and how it affects society through the Primary Prevention Program. The agency has developed a curriculum approved by the Office of Attorney General that is supportive of changing ideas, attitudes and beliefs.

For more information regarding the H.E.A.R.T. Camp or the Primary Prevention Program, contact Joyce Pitts at (936) 639-1681 or jpittswset@suddenlinkmail.com. For additional information about the Family Crisis Center of East Texas, contact Susan Robertson at (936) 639-1681 or srobertsonwset@suddenlinkmail.com.

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