



Connecting families & communities through safety & hope

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FOR MORE INFORMATION
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H.E.A.R.T CAMP a Summer Camp for Teenagers Provided by The Family Crisis Center of East Texas

Navigating the waters of teendom is tough! The Family Crisis Center of East Texas is holding the third annual H.E.A.R.T. (Healthy Equitable Acceptable Relationships for Teens) Camp. The camp will teach teens the tools to lead a life of healthy relationships with their peers, teachers, and family.

The H.E.A.R.T. Camp will be held in Lufkin at the Woodland Heights Affinity Center on July 21st, 22nd, and 23rd from 12:00 p.m. to 5:00 p.m., and in Nacogdoches Stephen F. Austin's Campus Recreation Center Meeting Room July 28th, 29th, and 30th from 12:00 p.m. to 5:00 p.m. Admission is \$10 and open to male and female teenagers ages 12-18. Lunch and snacks will be provided. Registration is required for participation and can be found online at www.fcet.com.

"Teenage years were scary for me and I didn't know how to express that in a healthy way," said Quinn Runnels, Primary Prevention Coordinator for the Family Crisis Center of East Texas. "If you're never taught how...you'll never know that you're doing it wrong until someone teaches and shows you the difference. It's important to instill the knowledge that we have into our youth and let them know that there are ways to express your feelings without using violence; ways to handle difficult situations in a respectful manner."

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 Quinn Runnels at (936) 639-1681 or qrunnelswset@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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