



25-26 Continue The Conversation Series

Our Continue the Conversation series offers a variety of forums for adults to gain skills and confidence to talk with their young people about challenging topics.

Visit our website below to learn more!

Parenting Adult Coffees



Friday, February 6

9:30 - 11:00 AM

Boundaries & Relationships

Wednesday, February 11

7:00 - 8:15 PM

Boundaries & Relationships - *Virtual*

Friday, March 20

9:30 - 11:00 AM

Addictions

Wednesday, March 25

7:00 - 8:15 PM

Addictions - *Virtual*

Friday, April 17

9:30 - 11:00 AM

Mental Health

Wednesday, April 22

7:00 - 8:15 PM

Mental Health - *Virtual*

Grandparent Coffees



9:00 to 10:30 AM

Friday, February 27, 2026 - *Virtual*

Friday, April 24, 2026

Youth Mental Health First Aid

A 6-hour training plus
2-hours of online pre-work

9:00 AM to 3:00 PM



Wednesday, February 4, 2026

Wednesday, April 1, 2026

QPR Trainings



10:00 AM to 12:00 PM

Wednesday, February 11, 2026

Wednesday, April 15, 2026

To Register:

Scan the QR code or visit
speakup.org/for-parenting-adults/#parentevents

