



Panhandle Health District

Healthy People in Healthy Communities

Public Health
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Panhandle Health District

FOR IMMEDIATE RELEASE

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Bridging the Gap

HAYDEN, ID – Panhandle Health District is offering a free dinner for parents who would like to become more comfortable in speaking to their kids about the birds and the bees at the 4th annual Bridging the Gap event.

“The event is a wonderful opportunity for parents to be the first to speak to their teens about this topic,” said Alicia Keller, Health Education Specialist at Panhandle Health District. “The dinner will cover how and when to bring up healthy relationships, social media and other tough topics.”

At the annual North Idaho Bridging the Gap Dinner, parents will learn that they are not alone in dreading these topics or avoiding it all together. Through the interactive workshop with health education specialists and trained teens, parents will take home the tools to take on uncomfortable conversations with youth in their life.

“The trained teens are great because parents are able to practice scenarios on how to speak with their own children,” said Keller. “Parents will walk away with the knowledge and skills to speak with their children within the comfort of their own home.”

Bridging the Gap is designed for parents, guardians, grandparents or anyone else who is helping guide teens and/or pre-teens through life. The workshop will focus on helping those who are attempting to have “the talk” with teens, but welcome anyone involved with youth this age. The dinner will provide resources for parents to explore and help develop meaningful conversation with their adolescents.

Event Details:

April 11, 2019

6:00 - 8:30 pm

Best Western CDA Inn

506 West Appleway Avenue Coeur d’Alene, ID

Registration is required: www.btg2019freetickets.eventbrite.com

Seating is limited! Please register and arrive early. Dinner is provided for the first 30 attendees at the event.

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Panhandle Health District provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services.

Panhandle Health District is one of seven health districts in the state of Idaho.