



**Public Health**  
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**Panhandle Health District**

## **Panhandle Health District**

*Healthy People in Healthy Communities*

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### **NEWS RELEASE**

#### **7<sup>th</sup> Annual Bridging the Gap Dinner**

Panhandle Health District – March 29, 2022

Panhandle Health District is offering a free dinner for those who would like to become more comfortable in speaking to their kids about the birds and the bees at the 7th annual Bridging the Gap dinner event. Bridging the Gap is designed for parents, guardians, grandparents or anyone else who is helping guide teens and/or pre-teens through life.

At the annual North Idaho Bridging the Gap Dinner, parents will learn that they are not alone in dreading talking about tough topics (such as healthy relationships, friendships, social media, etc.) or avoiding it all together. Through the interactive dinner and discussion with trained teens and other parents, facilitated by health education specialists, parents and caregivers will take home the tools to take on uncomfortable conversations with youth in their life and discuss family values. This is a unique experience to help parents understand the world teenagers are navigating in today all while enjoying a free, gourmet meal!

“The trained teens are great because parents are able to practice scenarios on how to speak with their own children and will walk away with fresh ideas and skills to have ‘the talk’ within the comfort of their own home,” said Kaila Harris, Health Education Specialist at Panhandle Health District. “Our goal is to help develop meaningful conversations for families in a way that everyone feels more comfortable.”

#### **Event Details:**

Thursday, April 28, 2022

6:00 - 8:30 pm

Best Western Plus Coeur d’Alene Inn

506 West Appleway Avenue

Coeur d’Alene, ID 83814

Registration is required: <https://btg2022.eventbrite.com>

*\*This dinner is for adults; we do not suggest bringing children to the dinner.*

PHD is looking for volunteer high school students to assist in participating in the dinner. If interested, contact PHD at (208) 415-5206.

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.