



Public Health

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Panhandle Health District

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Healthy People in Healthy Communities

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NEWS RELEASE

8th Annual Bridging the Gap Dinner Panhandle Health District – April 11, 2023

Panhandle Health District (PHD) is offering a free dinner for those who would like to become more comfortable speaking to their kids about the birds and the bees at the 8th 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 their apprehension of 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 facilitated by PHD health education specialists, parents and caregivers will take home the tools to address uncomfortable conversations and family values with youth in their life. This is a unique experience to help parents understand the world teenagers are navigating 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:

Tuesday, April 18, 2023
6:30 - 8:30 pm
Best Western Plus Coeur d’Alene Inn
506 West Appleway Avenue
Coeur d’Alene, ID 83814

Registration is required: btg2023.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.