



# Navigating Dangerous Waters

## **Empowering Parents**

## **Increase Your Parent Tool Box**

## **Healthy Coping Strategies**

Informational presentation by:

Rappahannock Community Services Board

Caroline County Sheriff's Office, CCPS—CMS School Counselors



- ◆ Identifying healthy/unhealthy relationships
- ◆ What is self-harming behavior?
- ◆ Learn the dangerous APPS

**Saturday, January 13, 2018**

**9:00 a.m.**

**Caroline Middle School (auditorium)**

**13325 Devil's Three Jump Rd.**

**Milford, VA 22514**

**Sponsored by: CCPS—Parent Teacher Resource Center**  
**804-633-7083**      **Child supervision provided.**

CCPS—PATHWAYS 2022  
Goal 3—Health & Safety