



The Weller Health Education Center is proud to offer new programs this year designed to help students navigate the hazards of adolescence and build the confidence to make positive life decisions.

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### **SUBSTANCE ABUSE PREVENTION**

The Weller Center now offers two unique, research-based programs for teens with an emphasis on the risks of prescription drugs and heroin.

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### **ADOLESCENT DEPRESSION AWARENESS PROGRAM (ADAP)**

ADAP is an evidence-based curriculum designed to educate students, teachers and parents about adolescent depression.

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### **STRESS AND RESILIENCY**

Created this year, the program is designed to help adolescents learn and practice coping skills to build resilience and strengthen their mental and emotional health.

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### **HEALTHY RELATIONSHIPS**

Healthy Relationships includes four research-based programs to help students in grades 6 – 9 learn to recognize and foster healthy relationships.

1401 N. Cedar Crest Blvd., Suite 100, Allentown, PA 18104



**Weller**  
HEALTH EDUCATION CENTER



# 10% DISCOUNT!

REGISTER BY DECEMBER 1ST TO RECEIVE THIS SPECIAL OFFER.

**Providing Preventative, Science-Based Health Education  
Programs To Grades K-12 For More Than 30 Years**

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