



YOU DON'T HAVE TO DO IT ALONE

MoveFwd
(FORMERLY TEENS ALONE)



PARENTING CAN BE HARD

MoveFwd counselors want to help your family stay together and keep your student in school.

We understand the challenges of parenting teens.
We're here to listen and help.

Call MoveFwd and a counselor will call you back the next business day.

You can come to our offices, or our counselors will meet you.

Free, confidential counseling without judgment.
We value all families — we'll respect you, your situation, your feelings and those of your child.

We know how challenging parenting can get and we have resources to help you.

No insurance necessary.

MoveFwd serves teens and young adults ages 12-24.
Learn more at movefwdmn.org



MoveFwd (FORMERLY TEENS ALONE)
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