

Staying Connected with Your Teen®

Free

Workshop for Families of Teens

Parents/Grandparents/Caregivers of youth 11-17

Topics include

Relating to Your Teen • Communication and Managing Conflict
Working with Your Family to Solve Problems

Involving Your Teen and Giving a Voice • Supervising without Invading

Join us for this FREE 5-session workshop series:

Mondays, October 21, 28 November 4, 18, December 2

Program: 6:00 – 8:00pm

Bedford Commons OB-GYN

201 Riverway Place, Bedford, NH

To register or for more information:

lyerkes.ti@gmail.com – (978) 226-3322

How do I keep my teen safe as he gains more independence?

How do I talk to her about the risks that she will encounter and help her make good choices?

I want to keep the bond that I have with my tween into the teen years, but he seems to be disconnecting ...

I want to make sure she has the skills and tools to enter adulthood, but how?



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