

# Staying Connected with Your Teen®

*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?*

**\*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 6-session workshop series:**

Tuesdays, September 17, 24, October 1, 8, 15, 22

Program: 6:00 – 8:00pm

**Women's Health Resource Center**

9 Hanover St., Lebanon, NH

To register or for more information:

[lyerkes.ti@gmail.com](mailto:lyerkes.ti@gmail.com) – (978) 226-3322

