

Navigating Life with My Teen



Date: Tuesdays, May 4, 11 & 18

Time: 7:00 – 9:30 pm

Method: Online via ZOOM

You will find out you are not alone in your feelings and frustrations - all parents have struggles with teens! Come join us for a **3-session** parenting workshop **Navigating Life with My Teen**.

In this workshop we hope to relieve your stress, get information, share with others, get new skills, and learn how to better deal with our teens! Believe it or not, sometimes the changes you can make are pretty simple and make a huge difference in your family life.

Topics include: parenting styles & selfcare; understand typical teen development; parenting skills to foster our teen's independence in healthy ways; mindfulness; change unhelpful thinking patterns, better manage problematic behaviours plus more...

All handouts will be mailed prior to program start

Facilitators: Emma Pringle Boutilier, SchoolsPlus

Tracy Cowan, Parenting Journey Program (ESFRA)

To register go to www.esfamily.org or call Eastern Shore Family Resource (ESFRA) at 902-827-1461.



Eastern Shore
Family Resource Association