

MONDAY, FEB. 25, 6-7 PM
LIBERTY MIDDLE SCHOOL
FREE ADMISSION



You're invited!

PARENTING TEENS WITH THE BRAIN IN MIND

A free parent education event hosted by the PTOs of
Liberty, Odyssey & Skyridge Middle Schools

PSYCHOLOGIST AND CSD SOCIAL-EMOTIONAL WELLNESS COORDINATOR JENNIFER MCMILLAN HELPS PARENTS LEARN WHAT IS HAPPENING IN THE BRAIN DURING ADOLESCENCE. SHE WILL EXPLORE STRATEGIES TO HELP PARENTS VIEW THIS PERIOD OF LIFE THROUGH THE LENS OF UNDERSTANDING & OPTIMISM. THE WORKSHOP WILL GIVE YOU IDEAS ON HOW TO STAY CONNECTED TO YOUR TEEN THROUGH THE UPS & DOWNS OF THIS EXCITING DEVELOPMENTAL STAGE.



<http://bit.ly/CSDwellness>