

Parents of Teens Workshop

Would you like to better understand your teen's intense emotions and behavior?



The emotions and behaviors teens experience can often be difficult for parents to understand and even heartbreaking at times. Some teens have trouble regulating their intense emotions and have difficulties with relationships. Teens experiencing these struggles may engage in impulsive behaviors, self-injury and substance use. They may also experience anxiety, depression, volatile relationships and academic difficulties.

This three hour workshop is for parents of teens (ages 13-18) who want a better understanding of why their teens behave certain ways. It is designed to provide relevant information for parents about the teenage brain and how teens think and make decisions. There will also be time allotted for questions and group discussion.

For upcoming Workshop dates, please call *Susan Myket, Ph.D. & Associates*

(630) 355-9002

www.myketandassociates.com