

Our upcoming Parent Presentation is next **Tuesday, August 23rd** on **“Improving Communication with your Teenager.”**

Does your teenager test your patience? Does he/she challenge your rules related to curfew, internet, phone, chores, etc.? Are you dealing with mood swings, back talk, defiant behavior? As you all know, teen years can be very difficult but many of these behaviors are normal. Your child is going through a transition time between childhood and adulthood. Even though you want to be your child's friend, it is important to set limits, request information and supervise activities. Children need structure, love and support at every age. Keep the doors of communication open by learning skills related to active listening, developing trust and setting boundaries. High school years are a big adjustment for students and their parents. This presentation will provide you with strategies to strengthen your relationship with your teenager. We look forward to seeing you next Tuesday!

Place: Hamilton High School - Room **H126 (Choir Room)** – (We have reserved a larger space for this and future presentations due to the fabulous turnout we had last week!)

Date: Tuesday, August 23rd

Time: 6:30 – 8pm

Speaker: Angela Veneziano, LPC, Mindful Elite Consulting (Therapist)

Facilitator: Rajani Rastogi, LMSW, Social Worker at Hamilton High School

(For those of you who are unable to attend this or some of the upcoming presentations, we will videotape and edit for privacy all future presentations and provide available handouts on our Hamilton Social Work webpage.)