

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 12-17

Topics include

Relating to your Teen – understanding adolescence

Communication and managing conflict

Working with your family to solve problems

Involving your teen and giving a voice

Supervising without invading



NEW HAMPSHIRE
TEEN INSTITUTE

Join us for this interactive 5-session program:

Thursdays March 15, 22, 29, April 5 and 12

6:00 – 8:00pm

Free Dinner provided at 5:30

Boys & Girls Club, 55 Bradley St., Concord, NH

For more information and to register
contact Julie Yerkes: jyerkes.ti@gmail.com or 603-545-1046