

**Staying**

**Connected**

**withYour**

**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

## March 6th, 13th, 20th, 27th, and April 3rd. Make up -April 10th

## 5:30-6pm Dinner, 6-8pm Program. Childcare provided!

## Profile HS Library, 691 Profile Rd, Bethlehem, NH 03580

Topics include

## Relating to your Teen – understanding where they are Communication and managing conflict

Working with your family to solve problems Involving your teen and giving a voice Supervising without invading

To sign up, contact: Sean O'Brien [seobri@profile.k12.nh.us](mailto:seobri@profile.k12.nh.us) Ph- 603-236-9227 or

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NH Teen Institute  