



UNDERSTANDING YOUR TEEN

Join Psychologist and Author *Sara Dimerman* as she helps you navigate the often turbulent teen years by offering a fresh and positive perspective, along with practical tips on how to reduce stress and encourage co operation.

Some of the topics to be discussed include:

- ✓ Peers and Priorities
- ✓ Drugs and Alcohol
- ✓ Responsibilities and Chores
- ✓ Use of Technology
- ✓ Homework and School
- ✓ Communication and privacy
- ✓ Dating and Sexuality

When: Wednesday May 25, 2016

Where: Joseph Howe Sr. P.S.

Time: 7-8:30pm

Sara Dimerman is a Psychologist and has been counselling parents, teens, couples and families for the past 25 years. She is the author of four books – two for parents and two for couples. Sara is a columnist for Parents Canada magazine and appears regularly on radio and TV, such as CBC, Newstalk 1010 and CTV. She is the parent of two daughters, one of whom is a teenager. For more info, visit www.helpmesara.com