

Are you the parent of a teenager?

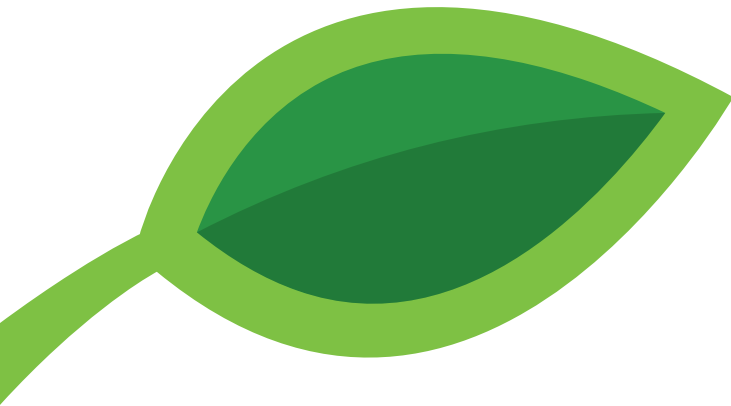
Do you sometimes struggle knowing  
how best to support your teen?

And yourself?

Join us to learn about parenting teens.

## WEEKLY PARENT WORKSHOP

# RAISING RESILIENT TEENS



A weekly educational, practical group for parents to learn more about:

- Building resilience and knowing when to worry
- Communication and connecting with your teen
- Healthy habits for teens and parents
- Teen stress and setting limits

<b>For:</b>	Parents of teens (middle or high school students)
<b>Place:</b>	Newton-Wellesley Hospital
<b>Date:</b>	Six weekly meetings starting Fall 2018, Winter 2018 and Spring 2019
<b>Time:</b>	Fridays, 8:45 – 10 am
<b>Cost:</b>	\$15 per session, scholarships available as needed
<b>Group Leaders:</b>	Juliana Chen, MD Tai Katzenstein, PhD Susan Maxwell, LICSW

To learn more or to schedule a phone intake appointment, please call 617-243-6490.

Organized by the NWH Division of  
Child & Adolescent Psychiatry



NEWTON-WELLESLEY  
HOSPITAL



FOUNDED BY BRIGHAM AND WOMEN'S HOSPITAL  
AND MASSACHUSETTS GENERAL HOSPITAL