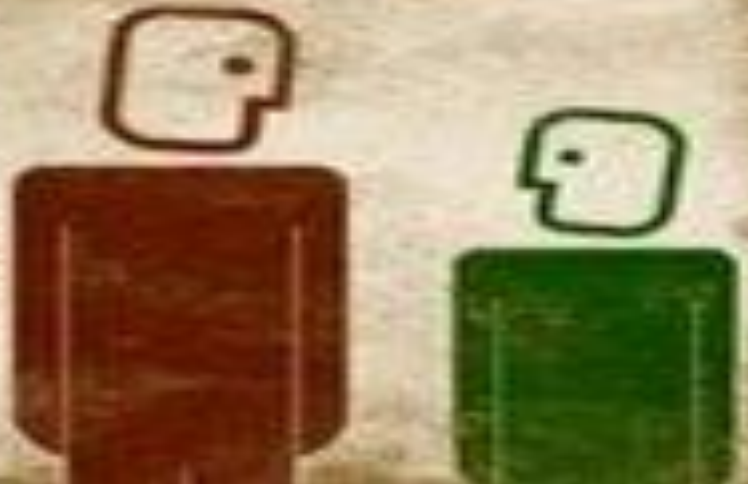


# *Staying Connected with Your Teen*



## **DO YOU HAVE A TEENAGER?**

## **HOW CONNECTED DO YOU FEEL TO YOUR PRE-TEEN/TEENAGER?**

Research shows that parents of teenagers can have a strong positive influence in ensuring that their children develop into healthy adults. This 6 session workshop series gives parents the opportunity to come together as parents/guardians and enhance the skills needed to help teens successfully make the transition to adulthood.

The major topics of discussion in this workshop series are:

- Changing Family Relationships- how adolescent development impacts changes on family dynamics
- Solving Problems as a family
- Communicating with your teen
- Raising responsible teens
- Supervising without invading
- Current teen culture- what their world is really like

Blue Ridge Behavioral Healthcare Prevention Services is offering the opportunity to participate in the **FREE** *Staying Connected with Your Teen* program

**WEDNESDAY EVENINGS**  
**January 18-February 22**  
**6:00pm-8:00pm**  
*3517 Brandon Ave, Roanoke VA*

To register for the workshop or for more information  
Call **(540) 982-1427** ext. 2132 or e-mail [ahatcher@brbh.org](mailto:ahatcher@brbh.org)

**\*\* The next cycle of workshops will begin in March- please call for more information\*\***

*This project is being supported by the Virginia Department of Social Services Community Based Child Abuse Prevention Program.*