

Parenting A Teen Girl

A Crash Course on Conflict,
Communication and Connection



SETTING YOUR DAUGHTER UP FOR SUCCESS

Facilitated By
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*Check the website for
upcoming dates
including more
information on other
available workshops
and groups.



Communication & Connection

More than previous generations, today's teen girls face a daunting range of stressors that put them at risk for a range of serious issues, including self-harming behaviors, substance abuse, eating disorders, anxiety, and depression. Parents everywhere struggle to respond appropriately to the challenging behavior, hit-or-miss communication, and fluctuating moods we see in teenage girls. They feel frustrated, ineffective, and "locked-out" of the relationship they hoped to have. This workshop is for busy parents who want bottom-line information and tips that make sense and offer practical advice to help parents connect with their teen girls.

Location and Contact Information:

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*Parenting is our wildest
adventure in vulnerability!*

SO GRATEFUL THAT WE'RE ON THIS
JOURNEY TOGETHER!



Parenting A Teen Girl

This is a seminar for busy parents who want bottom-line information and tips that make sense—and work. It also offers scripts to improve communication, and exercises to navigate stressful interactions with skill and compassion. Whether your teen girl is struggling with academic pressure, social difficulties, physical self-care, or technology overload. Parents will come away with practical advice to help them connect with their teen girl.

Parents will learn to:

- Maximize your teen's healthy development
- Understand what underlies her moods and behavior
- Implement strategies for positive results
- Communicate effectively about difficult issues
- Enjoy and appreciate time with your teen daughter
- Set deliberate goals to be a more connected, wholehearted parent
- Leave with concrete ideas that you can implement in your homes

Parenting is the easiest
thing in the world to
have an opinion about,
but the hardest thing
in the world to do.

Matt Walsh

BELIEVE IN YOURSELF.
AS A PARENT,
YOU ARE YOUR CHILD'S
BEST THERAPIST
AND ADVOCATE.

