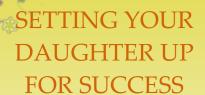
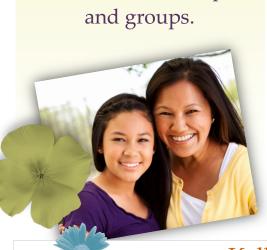


A Crash Course on Conflict,
Communication and Connection



Facilitated By
Alison Kelly
LPC, MA, DBTC, NCC
404-386-6130

\*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:

700 Old Roswell Lakes Parkway, Suite 130 Roswell, GA 30004

Contact Alison Kelly @ 404-386-6130 or email alison@kellycounselingandcoaching.com

www.KellyCounselingAndCoaching.com



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

