

# Setting Your Teenager Up For Success

HELPING YOUR  
TEEN BECOME  
THEIR BEST SELF

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

Thursday, October 4<sup>th</sup>  
7:00pm to 8:15pm  
\$10.00 per person

LIMITED SEATING  
\*Please call or email to  
reserve your spot



## Perspective & Purpose

More than previous generations, today's teens are facing a daunting range of stressors that put them at risk for a range of serious issues, including poor academic performance, self-destructive behaviors, substance abuse, anxiety, and depression. Parents everywhere struggle to respond appropriately to these challenging behaviors, hit-or-miss communication, and fluctuating moods we see in our teenagers. They feel frustrated, ineffective, and "locked-out" of the relationship they hoped to have with their teen. This workshop is for parents who want bottom-line information that makes sense and offers practical advice. Whether your teen is struggling with academic distress, social difficulties, physical self-care, or technology overload. Parents will come away with practical advice set them up for future success.

### Location and More Information:

Alison Kelly - 404-386-6130  
[alison@kellycounselingandcoaching.com](mailto:alison@kellycounselingandcoaching.com)

700 Old Roswell Lakes Parkway  
Suite 130, Roswell, GA 30076

[www.KellyCounselingAndCoaching.com](http://www.KellyCounselingAndCoaching.com)



Bringing up teenagers is complicated: empowerment messages and impressive achievements are everywhere, yet depression and anxiety are very real threats. All teens worry and feel stressed at times, but when their over worrying impacts them in ways that limit their life and lead to avoidance of certain situations or activities, it's time to do something. Parents can guide their teens to focus on changing their response to life challenges, removing unwanted obstacles and habits in order to move forward. Teens can become more productive at home and in school when they develop the ability to focus clearly on goals, problem solving, and making adjustments without being ruled by stress, anxiety, or worry. Parents will learn to:

- Understand what underlies moods and behavior
- Communicate effectively about difficult issues
- Set deliberate goals and effective strategies
- Leave with concrete ideas that you can implement in your homes
- Implement strategies to guide your teen in becoming her best self
- Discover the skills necessary for today's teens future success

