

Staying Connected with Your Teen

A parenting workshop series designed for parents of tweens and teens

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

Evening Series

Tuesday evenings from 6:00-8:00pm

February 22

March 1

March 8

March 15

March 22

March 29



FREE

At 3517 Brandon Ave., Roanoke VA 24018

Light snacks and beverages will be provided

To register for the workshop or for more information please call

(540) 982-1427 ext. 2132

Or e-mail acable@brbh.org