

Let's Talk

*A Communication Workshop
for
Parents of Middle School
Teens*

Presented by

Today's Family

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www.todaysfamily.org



Today's Family is a non-profit organization in Montgomery County, Maryland that works with adolescents to teach life and job skills. We work with families to help parents improve communication and set boundaries.

We believe there is something very exciting about youth between the ages of 11-14. They experience rapid height and weight gains and start to enter into puberty and become very aware of the different changes their bodies are going through. This is the time in their lives where peer relationships become very important for them as they start moving towards becoming independent.

We have put together a communication workshop for parents where in a relaxed environment, we will talk, and discuss different communication skills to use to improve relationships and ease tensions with your adolescents. The workshop will be interactive and experiential. The emphasis will be on how to use talking and listening strategies to encourage 2-way communication.

Presenters: Ms. Katrina Colleton, MAFT, LCPC
Dr. Elizabeth Nyang, LCPC

For information about registration, dates, and times call 240 403 4036.

Communication messages

Proactive vs reactive responses

Family life-cycle

Roles adolescents play

(Workshop participants will have an opportunity to work in groups during interactive exercises)