

**79% OF SOUHEGAN VALLEY HIGH SCHOOL STUDENTS REPORTED THEY WOULD NOT TALK TO PARENTS ABOUT NEGATIVE EMOTIONS. (YRBS 2015)**

**ARE YOU READY TO LEARN HOW TO STAY CONNECTED?**



## Staying Connected with your Teen

Staying Connected with Your Teen provides dedicated time in a comfortable setting for parents and caregivers of preteens and teens to explore their relationship with their child, learn about some of the factors that impact that relationship, and develop concrete skills to build and/or maintain positive bonds. You'll learn skills for increasing communication and decreasing conflict, ways to bond with your teen, strategies for preventing high-risk behaviors and how to involve your teen at home in problem-solving, decision making, and responsibility. During the five two-hour sessions, you will find support and community and learn about the changes happening in your child's body and brain so that you can better understand why they do what they do.

**Dinner is Included Special Thank you to CAST**

**Instructor Julie Yerkes Location Town Hall Banquet Hall Minimum of 10 maximum of 20.**

**Mondays 6:00-8:00pm FREE Program**

**Spring Session 4/1-5/6 (No Class 4/22)**

**Register online at [www.milfordrec.com](http://www.milfordrec.com)**

