

**Do You Want To Understand Your Teen?
Do You Desire The Support And Camaraderie Of Other Parents?**

COME JOIN THE “PARENTS OF TEENS” Support Group!



“You have the right to remain sullen.
Anything you say can and will
be used against you.”

Connect with other parents who share your concerns. Share dilemmas, positive and humorous parenting moments and create strategies that best support your teenager.

Topics to Discuss:

**The Culture of Today’s Teens
Dealing with the Emotions of Parenting
Creating and Maintaining Healthy Limits
Communication**

Group Is Free

Wednesday Evenings

From: September 28th-November 15th Time: 6:30-8:00 PM

Location: Los Alamos Family Council

Must call to register (limited seating): 505 660 5796

Elizabeth Grant, MA, LMHC: Elizabeth currently works as a counselor with children and adolescence for the Santa Fe Public School District and YouthWorks. She has also worked in addiction treatment centers. Elizabeth has a Masters in Counseling with an emphasis on grief and trauma.

