

Free parent workshop for parents of teenagers

How to validate so your teen will talk

Building trusting relationships with your teen
to help reduce their anxiety, manage stress and
develop more meaningful communication

**Thursday, Feb. 22, 2018
6 to 7:30 p.m.**

1645 Sheppard Avenue West, Toronto
SickKids Centre for Community Mental Health

Raising teenagers can be challenging at the best of times, especially when they are confronted with intense emotions. As parents, we can find ourselves drawn into arguments, feel like we are walking on eggshells, or feel helpless in knowing how we can connect with our teens. Research has shown that when parents learn how to use validation in their communication, it can help reduce teen's anxiety, levels of stress and improve parent-teen relationships.

In this workshop you will be introduced to what is validation, how to and when to validate, and effective problem solving.

Presented by Liz Lovrics, MSW, RSW
Child & Family Therapist

Registration is required and
child care available

To reserve your spot, email with details to

familiesfirst@sickkidscmh.ca

or call 416-924-1164 ext. 2167