

WORKSHOP SERIES

HOW TO BECOME EVEN BETTER PARENTS OF TEENS



Facilitated by Steven Parker, LMFT with Co-Facilitator Kristen Keleher, LCPC

WHO: For parents of teens who want to create a kinder and more respectful family culture and enhance their relationships with their children. In this interactive format, participants will learn from each other while gaining skills to understand the difference between a reaction and a response and replace emotional surges with responses that communicate their wisdom.

WHAT: A series of three, 2-hour workshops for \$150 per person or \$200 per couple. Groups will be limited to 10-20 participants and will be interactive in nature, using role plays, simulation, and discussion. Attendance at all three workshops is preferred.

WHERE: Thrive Counseling Center, 120 S. Marion St., Oak Park, IL 60302

WHEN: 7 pm-9 pm on Thursdays (March 12, April 9 and April 30)

HOW: Contact Kristen Keleher, LCPC (kkeleher@thrivecc.org | 708.383.7500 X206) with questions and Wynne Lacey (wlacey@thrivecc.org | 708.383.7500 X111) to register.

**If you are an interested parent of younger children, please contact us!.*