



STRUGGLING WITH YOUR TEEN?

ADVICE FROM EXPERIENCED THERAPISTS

DROP-IN CONVERSATIONS

Saturday, October 29, 2016 12:00 PM - 2:00 PM:

“Your Teen & Drugs”

Thursday, November 10, 2016 6:30 PM - 8:30 PM:

“Troubling Behavior”

Thursday, November 17, 2016 6:30 PM - 8:30 PM:

“Managing Conflict”

4-WEEK PARENT GROUP

Thursday Evenings Beginning January 26, 2017

Preserve Relationships

Create Healthy Boundaries

Manage Expectations

Keep Things Safe

Recognize When to Get Professionals Involved

QUESTIONS? CALL 206-322-7676 EXT. 6248

VERDANT COMMUNITY WELLNESS CENTER 4710 196th Street SW, Lynnwood, WA 98036

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