



# **STRUGGLING WITH YOUR TEEN?**

## **ADVICE FROM EXPERIENCED THERAPISTS**

### **4-WEEK PARENT GROUP**

**Tuesday Evenings, 6:30 - 8:30 PM**

**Beginning May 2, 2017**

**Preserve Relationships · Create Healthy Boundaries**

**Manage Expectations · Keep Things Safe**

**Recognize When to Get Professionals Involved**

**GROUP SIZE IS LIMITED, TO RESERVE YOUR SPACE OR  
IF YOU HAVE QUESTIONS, CALL 206-322-7676 EXT.6248**

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

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