

The Family Wellness Series

Child: “But Everyone Else is Allowed...”

Parent: “Now What?”

An Interactive Workshop for Parents of Tweens & Teens

Presentations

7:00-7:30

Kristen Niemczyk-Kistner, PhD

Co-founder, Success Street, LLC

- ~ An exploration of tween/adolescent brain development
- ~ Understanding your tween/teen’s need for instant gratification
- ~ Help for parents to allow freedom while setting boundaries

7:30-8:00

Parents Helping Parents: An Interactive Workshop

Parents will sit down to a provided laptop computer and read a pre-written parenting scenario. Each participant will write an answer as to how they would solve the dilemma. After 5 minutes parents will move to another scenario on the laptop.

Next, parents will be placed into small groups to read and discuss the anonymous advice given for each scenario. Parents will be able to see a wide array of solutions to the parenting scenarios. This session will be moderated by Verona, Nutley and Glen Ridge Student Assistance Coordinators. The goal of this workshop is for parents to empower, discuss, and support one another as you navigate through the tween/teen years.

Date:

Thursday, November 17th, 2016

Time:

7:00 p.m.

Location:

Verona High School Learning Commons

151 Fairview Avenue

Verona, NJ 07044

Space is limited to 60 participants.

[Please click HERE to reserve your seat!](#)

For further information, contact:

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This program is sponsored by:

Verona Board of Education – Nutley Board of Education – Glen Ridge Board of Education

Verona Municipal Alliance Committee – Nutley Municipal Alliance Committee- Glen Ridge Municipal Alliance Committee

