

# Free parent education workshop

for parents of teenagers

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## 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

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 validation is, how to and when to validate, and effective problem-solving.

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

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**Thursday, March 5, 2020**  
**6 to 7:30 pm**

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

To reserve your spot email with details  
[familiesfirst@sickkidscmh.ca](mailto:familiesfirst@sickkidscmh.ca)  
or call 416-924-1164 ext. 2167



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