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# Free parent education workshop

for parents of tweens/teens

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**Communicating with your teen:  
Exploring the “dos & don’ts” of our communication:  
An interactive workshop experience**

**Thursday October 25, 2018  
6:30 – 8 p.m.**

**1645 Sheppard Avenue West  
SickKids Centre for Community Mental Health**

Have your communication attempts with your teen left you feeling hurt, disappointed and uneasy? Have you ever sat down to have a conversation with your teenager, and after minutes of slouching body posture, endless fidgeting, blank stares, and grunting responses, found yourself frustrated, enraged and eventually screaming?

Teens can be notoriously uncommunicative with their parents, and these struggles can be challenging to say the least. There is, however, both art and science involved in successful communication. Come and learn about some of the basic skills in communication, learn about the techniques that are respectful and work, while also learning about some of the “roadblocks” that hinder and get in the way of keeping the lines of communication going.

Presented by Marisa Milani, Child & Youth Worker (Cert.)  
School Age Consultant - Prevention & Early Intervention

Registration is required and  
child care available

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