

Parents & Teens CAN Connect (and LIKE it)

A workshop for parents and for teenagers

Parents and their teenagers don't stop loving each other when the kids hit thirteen. But the relationship can become painful and confusing if communication closes down. Who wants to talk to someone who seems to be critical and disapproving most of the time? Today's teens must deal with not only the age-old challenges of growing up, but also a constantly changing world where values often seem up for grabs. Parents can feel downright dizzy from the intensity and variety of demands on their hearts and attentions. This workshop is designed to help you both.

This workshop will help parents and their teenagers

- Understand each other better
- Enjoy time spent with each other more
- Learn how to change negative arguments
- Communicate with each other and respect each other
- Negotiate better
- Get more of what you **both** want out of life
- Have a more positive, pleasant home to live in




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