



Attention Parents:
Adolescents don't have
to drive you crazy!

Surviving Your Adolescent Workshop

How to Manage and Let Go of Your 13-18 Year Olds

(Parents of 11-12 year olds also encouraged to attend!)

In this workshop you will learn:

- What is normal adolescent behavior
- How to manage teenage risk-taking
- What problems require your "letting go"
- The Four Cardinal Sins (What NOT to do!)
- The five ways to improve your relationship
- What role to take: Observer, Advisor, Negotiator, Director
- How to respond to emotional blackmail
- From fashion to passion

Thurs., Jan. 25th, 2018

6:00—8:30 PM

**Colonial Heights High
School Technical Center**

3451 Conduit Road

**Dinner and Childcare Provided
and Registration is Required**

**(see attached form)
Dinner DinneryyyyyyJJJJ**

tration is Required

(see attached form)

Materials written and presented by Tracy Lee, Virginia Department of Education,
Family Engagement Specialist

For more information contact Lisa Kochuba, Family Resource Coordinator at

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Parent Workshop Series

Surviving Your Adolescent

Thursday, January 25th, 2018

6:00-8:30 PM

Colonial Heights High School Vocational Tech Building

Registration

Please return to your child's school
on or before Tuesday, January 23rd

Parent Name(s) _____

Parent Cell: _____

Email: _____

Child's School: _____

of Adults Attending: _____ # of Children Attending: _____

1. Child's Name: _____ Age: _____

2. Child's Name: _____ Age: _____

3. Child's Name: _____ Age: _____