



Group for Parents of High Schoolers Enrolling Now!

Parent Group Series

NAVIGATING THE ROCKY ROAD OF ADOLESCENCE

Meeting for **four sessions** from 7:00 - 8:30 PM

Wednesdays (February 27th and March 6, 13 and 20th)

Location: The Freedman Center at MSPP,
1 Wells Ave., Newton

Pre-registration required: <http://freedman.mspp.edu>
or 617-332-3666 x1250

**Program fee for this series is \$20.
Financial assistance available.**

Join other parents of high schoolers (9th through 12th grade) and a professional facilitator to explore the many changes that occur during adolescence, and how they affect relationships at home and school. Discuss relevant topics such as promoting healthy choices, setting realistic limits and appropriate consequences; understanding when and how to negotiate; dealing with changes and crises (e.g., divorce); identifying risk factors for anxiety and depression; handling experimentation with sex, alcohol, drugs, and learning to "let go" while maintaining family connections.

Led by Deborah Weinstock-Savoy, a licensed psychologist with a Ph.D. in Clinical Psychology, and over 20 years of professional experience working with families and educators. She specializes in leading workshops and support groups in both community and corporate settings. She is the mother of three children.

A Project of

 **FREEDMAN CENTER**
for Child & Family Development
at the Massachusetts School of Professional Psychology

and



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...investing in children, youth and families