

Parenting Teens for High School

A workshop about how to support your teen's
successful leap to high school

Tuesday, January 30th

7 p.m. – 8:30 p.m.

Hosted by

School Advisory Council

HumberSide Collegiate Institute

280 Quebec Ave, Toronto, ON

Space is limited! RSVP www.pineriverfoundation.com/workshop/



PINE RIVER
Institute

Pine River Institute is a family centered program for youth struggling with addictive behaviours and other mental health challenges.

Supported by the RBC Youth Mental Health Project



Parenting Teens for High School

A Parent Workshop featuring a guest speaker from Pine River Institute. The session will be of interest to any parent who ever finds themselves wondering how to handle typical teenage-parent challenges ... especially as their child transitions to high school and expects greater autonomy.

The presenter will share knowledge and expertise gained over their career working with parents and adolescents struggling with addictive behaviours and/or mental health issues. The objective is for parents to come away better equipped to understand their adolescent and the importance of open communication, mutual respect, and appropriate limit setting in fostering healthy adolescent development and maturation.

This session is for you; if like other parents, you:

1. Ever worry about your child and any of the following:
 - defiance or bad attitudes
 - faltering or failing grades
 - lying or stealing
 - mouthing off or disrespectful behaviour
 - choice of peers
 - excessive screen time
 - substance use
 - self-harm or cutting
 - eating disorders
 - sexual activity
 - other risky behaviours
2. Find your adolescent's behaviour perplexing; or find yourself thinking or saying "just grow up"!
3. Wonder why your child sees things so differently than you; and why they sometimes react the way they do?
4. Ever wonder if you are being too strict? Or not strict enough?
5. Wish you handled a situation with your child better? But are unsure what you could do differently?
6. Want to learn some parenting skills that you can use to help your adolescent grow up!