



Centre for  
Community  
Mental Health

(formerly The Hincks-Dellcrest Centre)

# FREE PARENT WORKSHOPS

*for parents of teens 13 - 18 years*

**PLACE:** SICK KIDS - CENTRE FOR  
COMMUNITY MENTAL HEALTH  
(formerly THE HINCKS-DELLCREST CENTRE)

**SITE LOCATION :** 440 JARVIS STREET

**FAMILIES FIRST  
PREVENTION & EARLY INTERVENTION PROGRAM**



**HOW TO VALIDATE  
SO YOUR  
TEEN WILL TALK:  
BUILDING TRUSTING  
RELATIONSHIPS WITH YOUR  
TEEN TO HELP REDUCE THEIR  
ANXIETY, MANAGE STRESS AND  
DEVELOP MORE MEANINGFUL  
COMMUNICATION**

**TUESDAY OCT. 17, 2017  
6:00 - 7:30 pm**

Raising teenagers can be challenging at the best of times, especially when they are confronted with intense emotions. As parents, we can find ourselves drawn into arguments, feel like we are walking on eggshells, or feel helpless in knowing how we can connect with our teens.

Research has shown that when parents learn how to use validation in their communication with their teens, it can help reduce teen's anxiety, levels of stress and improve parent child relationships. In this workshop you will be introduced to what is validation, how to and when to validate, and effective problem solving.

**Presented by Presented by Liz Lovrics, Child & Family Therapist**

**REGISTRATION IS REQUIRED AND CHILD CARE SUPERVISION  
MAY BE AVAILABLE.**

**Call 416 - 924 - 1164 ext. 2167 TO RESERVE YOUR SPOT.**