

# PARENTING TEENS

## *with a positive twist...*

**Wednesday - September 24, 2014**

9:00 – 10:15 am

T/E Administrative Offices, 940 West Valley Rd, Suite 1700, Wayne, PA

Living with teen-agers can be challenging. It is a time that is ripe with opportunities for feelings of inadequacy. Because this stage of parenting is critical to your child's development, ARCH invites you to hear about techniques that will help all of you survive these years... maybe even thrive!

The September 24 discussion will offer strategies on how **YOU** can:

- Help your teen to Identify and build on his/her **CHARACTER STRENGTHS**
- Help your teen to learn from his/her **FAILURES**
- Use mindfulness to understand your teen's **MOOD SWINGS**.

This discussion will focus on parenting MIDDLE SCHOOL age children. But the concepts will translate to older and younger ages. **ALL ARE WELCOME.**



**This Community Conversation will be led by fellow parent, Karen Moon.**

Karen Moon, LCSW, is a psychotherapist in Wayne, PA. She works with adolescents and their families, groups and individuals. Karen holds a certificate in Positive Psychology and a Master in Social Work from Washington University in St. Louis. She is on the Board of Directors at Peter's Place, Center for Grieving Children and Families.

Mark your calendar for additional 2014/15 Community Conversations:  
**Nov 12** (PA Youth Survey Results), **Feb 18** (Prescription Medicine Abuse),  
and **April 22** (Community Protective Factors)



ARCH is a 501(3)(c) coalition of parents, educators, and community members committed to promoting the well-being of youth in Tredyffrin and Easttown Townships. We serve as a resource to families as they help their children form a positive self-image, make healthy choices, and reduce the use of alcohol, tobacco and other drugs (ATOD). [www.archcares.org](http://www.archcares.org). United Way #03901