

# Staying Connected with Your Teen

*How do I keep my teen safe as he gains more independence?*

*How do I talk to her about the risks that she will encounter and help her make good choices?*

*I want to keep the bond that I have with my tween into the teen years, but he seems to be disconnecting ...*

*I want to make sure she has the skills and tools to enter adulthood, but how*

## Workshop for Families of Teens

Parents/Grandparents/Caregivers of youth 11-17

**Wednesdays – January 9, 16, 23, 30, February 6  
6:00 – 8:00 pm**

HOPE for NH, 293 Wilson Street, Manchester, NH

### Topics include

Relating to your Teen – understanding where they are

Communication and managing conflict

Working with your family to solve problems

Involving your teen and giving a voice

Supervising without invading



**For Information and to Register:  
Contact Julie at (978) 226-3322  
or [jyerkes.ti@gmail.com](mailto:jyerkes.ti@gmail.com)**