



Support Group for Parents of Preteens and Adolescents

This group will help parents meet the challenges in parenting their preteen and teen child.

Group Sessions Will Address:

- Understanding preteen and adolescent development – “Is this normal?”
- Communicating effectively with teens
- Appreciating your changing parental role – Friend? Director? Coach?
- Promoting positive behavior
- Developing tools for fostering healthy connections
- Supporting your child’s self-esteem
- Confronting risk-taking behaviors

For more information please contact Margie Lang-Garnhart at (703) 433-5771 x 12