



Understanding Your Teen: A FREE Series for Parents

B. Lewis Counselling
~Impacting Millions~

The series is geared to help parents understand current youth trends and youth issues. The series will be hosted in partnership with YouthMatters!.

Dates and Topics:

Tuesday, Feb. 22, 2011: Teen Anxiety

What is teen anxiety?

Signs in your teen

What to do as a parent

Community Resources

Tuesday, March 29, 2011: Teen Depression

What is teen depression?

Signs in your teen

What to do as a parent

Community Resources

Tuesday, April 26, 2011: Drug awareness

Types of drugs

Signs in your teen

What to do as a parent

Community Resources

Tuesday, May 31, 2011: Technology Trends

Social networking

Texting/Sexting

Internet safety

Cyberbullying

Tuesday, June 28, 2011: Girl Issues

Eating disorders

Self harming behaviors

Media influences

Girl bullying

Location:

Boyd and Associates

202-1046 Austin Ave, Coquitlam

Time: 7-8:30pm

Cost: FREE

To Register, call: 604-931-7211

Pre-Registration is required as space is limited

For more information, visit: www.blewiscountselling.com