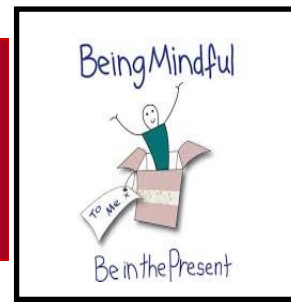




Parenting Program

For Parents of Middle School/High School Students



Monday, February 5, 2018

7:00-8:30 pm

Teaching Mindfulness to Teens

Teenagers live in a perpetual state of stress: anxious about grades, social life, family life, and the world, in general. In addition, their brains are developing new neurons faster than at any point in life other than infancy, which leads to thought processes being naturally chaotic. **Mindfulness is a process which focuses on increasing happiness and reducing suffering by using techniques to quiet the mind.**

Parents will learn these techniques and will learn how to teach them, step-by-step, to their teens:

- ***What is (and isn't) Mindfulness***
- ***Experience the process of learning Mindfulness***
- ***Learn the steps to teaching Mindfulness to their teens***
- ***Learn how Mindfulness can be used to help uncooperative teens***

**Presented by Jerome Price, MA, LMSW, LMFT
Co-Director Michigan Family Institute**



Location:
**Troy School District
Services Building
4420 Livernois Road, Troy, MI
(Between Wattles and Long Lake Roads)**

Reservations Encouraged; Walk-ins Welcome!

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Phone: 248.823.5095