



# VIRTUAL PARENT WORKSHOPS

# Parenting Teens

**Tuesdays**  
**7PM**

BROUGHT TO YOU BY SENTINEL PAC

**FREE**

**January 23**

## Communicating with Teens

Navigating challenging conversations  
Building and maintaining trust  
Conflict Resolution

**February 27**

## Teens and Technology

Positive use of devices  
Teens and social media  
Screen addiction

**April 23**

## Teens and Anxiety

Common causes of anxiety for teens  
Strategies to help your teen to reduce and manage anxiety

**May 28**

## Developing Resilience in Teens

Dealing with challenges and setbacks  
Developing grit and tenacity  
Developing optimistic mindset



The virtual parent workshops are facilitated by WFC's Parent Educator Kristy Ambrose. Presentations will be 1.5 hours with time for participants to ask questions throughout the presentation as well as at the end.

TEAMS link will be provided closer to the event dates