




— AMUNDSEN PARENT SERIES —

**Strategies to Support
Your Teen's Mental Health**

 **Wednesday, April 3, 2024
6:30-8:00pm**

**Please join us for an online panel presentation from
Compass Chicago Adolescent Program Leaders:**

Adam Honecker, Director of PHP/IOP

Gina Dockery, Director of Afterschool IOP

Tessa Sterling, Associate Director of PHP/IOP

Elizabeth Recinto, Director of Education

This workshop will help foster open and candid communication between parents and their teens around the topics of stress and anxiety related to school and teens' social lives. Parents will learn practical strategies that they can share with their teens.

Topics Covered Will Include:

- Parent/Child Co-Regulation
- Coping Skills and Strategies
- Anxiety and Depression 101
- Motivation



REGISTER TODAY!

<https://tinyurl.com/AHSParentSeries040324>



**Friends of
AMUNDSEN
HIGH SCHOOL**

The Amundsen Parent Series features educational sessions scheduled throughout the school year on a wide range of topics of interest to parents and guardians of Amundsen students. Organized and sponsored by Friends of Amundsen.