

- 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:

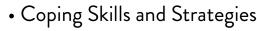
Adam Honecker, Director of PHP/IOP Gina Dockery, Director of Afterschool IOP Tessa Sterling, Associate Director of PHP/IOP Elizabeth Recinto, Director of Education

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
- Anxiety and Depression 101





• Motivation





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.