

Sherman Oaks Center for Enriched Studies

Presents

Parenting without Panic!



Friday, January 29, 2016 @ 8:20am in the Parent Center

Kent Toussaint is a Licensed Marriage and Family Therapist and a Licensed Professional Clinical Counselor who specializes in helping kids, teens and their families live happier lives. He is the Founder and Clinical Director of **Teen Therapy Center** in Woodland Hills.

Join us for an exciting and eye opening conversation about developing a better understanding of your child and learn new ways to communicate and set reasonable boundaries with your kid or teenager without yelling and arguing.

Kent will be leading this interactive, informative and humorous workshop to address the following questions:

- 1. What behavior problems have recently emerged that were never a problem before? How do you deal with them?*
- 2. What disciplinary actions do you try to use with your kids, but don't seem to work?*
- 3. How can you maintain reasonable rules and limits with your kids and teens while also fostering a nurturing and loving relationship with them at the same time?*

These and many other questions about parenting children and teenagers while also understanding their ever-expanding brains will be explored. Please bring your questions, as this workshop will be very interactive.

This is the time to address those worries that have been keeping you up at night about your child!

For more information, feel free to contact:

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