

WISE-MINDED PARENTING:

7 Essentials for Raising Successful Tweens & Teens



The 7 essentials of happy, healthy teens:

- secure attachment to parents
- self-control
- academic success
- social thriving
- emotional flourishing
- strong character
- physical health

Raising a happy and successful teenager is a challenge for any parent, even the most patient and wisest among us. Parenting adolescents requires all sorts of skills that most of us don't naturally possess. In this down-to-earth, practical guide, you'll learn how to tap your "wise mind" to calmly navigate even the stormiest of parenting moments. You'll learn how to preserve your loving relationship while emphasizing the building blocks for success.

Come join us for a stimulating discussion about wise-minded parenting strategies and the predictors of success in adolescence. Dr. Kastner will present highlights from her new book, *Wise-Minded Parenting*, and answer your questions about any aspect of parenting adolescents.

Introducing Our Speaker:

Dr. Kastner is a clinical professor in the departments of Psychology and Psychiatry and Behavioral Sciences at the University of Washington. She is the co-author of four books on adolescent development, numerous published academic articles and many parenting articles.

Thursday, February 26, 2015

**Heiner Center Auditorium
Whatcom Community College**

7:00-9:00 pm

(Doors open at 6:30 pm)

Speaker: Laura Kastner, Ph. D.

Admission is free but tickets are required as space is limited. To reserve your seat go to the link below, register, and print your ticket to bring to the event.

www.wccandbtcparenting.eventbrite.com

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