

**Laura Doerflinger, MS** presents: **Girls' World: Growing Up Is Hard To Do!**  
*A workshop for parents & their daughters (ages 9 -12)*

<b>Date</b>	<b>Location</b>	<b>Time</b>
Monday, February 8th	Redmond Jr. High School Commons 10055 166 <sup>th</sup> Ave NE, Redmond	7 – 8:30 PM
Tuesday, February 9th	Robert Frost Elementary Commons 11801 NE 140 <sup>th</sup> ST., Kirkland	7 – 8:30 PM
Wed., February 17th	Carson Elementary Commons 1035 244 <sup>th</sup> Ave. NE, Sammamish	7 – 8:30 PM

Growing up is hard to do — especially for Girls. Parents & their daughters (ages 9 – 12) are invited to a night of discovery. We'll explore the joys and challenges of growing up as a girl in today's world. In this presentation, **Laura Doerflinger** will:

- Discuss the physical, emotional & social growth of girls and how those factors apply to your daughter(s). What is important for health, building resilience & happiness.
- Provide solutions to social issues which create conflict for girls.
- Deconstruct popularity, fashion and body image & encourage girls to support girls.
- Present strategies that you & your daughter can use to bridge the gap between your experiences & perceptions. You will learn how you can work together toward building a successful, connected relationship prior to the junior high years.

**Laura Doerflinger, MS** presents: **Boys in Today's World**  
*A workshop for parents & their sons (ages 9 -12)*

<b>Date</b>	<b>Location</b>	<b>Time</b>
Wed., February 24th	Carson Elementary Commons 1035 244 <sup>th</sup> Ave. NE, Sammamish	7 – 8:30 PM
Monday, March 1st	Rose Hill Jr. High Theater 13505 NE 75 <sup>th</sup> St., Redmond	7 – 8:30 PM
Monday, March 8th	Redmond Jr. High School Commons 10055 166 <sup>th</sup> Ave NE, Redmond	7 – 8:30 PM

Growing up is hard to do for Boys especially with today's stereotypes of masculinity. Parents and their sons (ages 9 – 12) are invited to a night of discovery and discussion. During this presentation, **Laura Doerflinger** will:

- Assist you in learning better ways to relate to your sons so that they will develop a positive self-image.
- Discuss the physical, emotional and social growth of boys. How growth patterns affect both boys and their parents.
- Review bullying, how it has evolved and how boys should respond
- Present communication styles and parenting strategies to build the connected relationship needed for adolescence and the next phase - junior high.

**Laura Doerflinger, MS**, a licensed mental health counselor, is the Executive Director of the Parent Education Group in Kirkland and the author of the audio book, [Emotionally Balanced Parenting](#). Laura has been working with families for 17 years. For more information about her work, go to <http://www.familyauthority.com/>

**Recommended for parents & their students in 4<sup>th</sup> to 6<sup>th</sup> grade**

Sponsored by the Lake Washington PTSA Council

Questions? Contact Joanne Hall, Chair, Parent Education at [jjahall@juno.com](mailto:jjahall@juno.com) or [lwsdparented@gmail.com](mailto:lwsdparented@gmail.com)