

Date: Monday, April 12th

Time: 7 -8:30 PM

Location: Rose Hill Junior High Theater (13505 NE 75th St., Redmond)

Julie Metzger presents: **Adolescence Simplified**

Does it seem your pre-teens & teens act, talk, and think totally differently from you when you were their age? Are you feeling that you might need some more information & different parenting strategies for the adolescent years? This presentation will include:

- The latest research on the changes of pre-teens' and teens' bodies and brains
- The developmental stages of pre-teens & teens; the questions and concerns that are on their minds
- Strategies & communication skills for families to work together in a partnership of trust and respect as they encounter new experiences.

Julie Metzger, RN, the Co-Founder of Great Conversations, is a popular speaker on pre-teen, teen, and parenting adolescents. She has developed and taught classes on puberty, sexuality and decision making for pre-teens and families for 20 years and has worked with tens of thousands of families in Seattle, Pittsburgh, Palo Alto, and throughout the Puget sound region. In addition, she has developed health curricula for middle school students on decision making. Julie is a Nurse Consultant at Children's Hospital and a parent to three adolescents. She and her colleague Rob Lehman MD have a website reflecting their work with families – www.greatconversations.com

Recommended for Parents of Students 4th – 8th grade

No Fee, RSVP or Registration Needed

Sponsored by the Lake Washington PTSA Council

Questions? Contact Joanne Hall, Chair, Parent Education at jjahall@juno.com or lwsdparented@gmail.com