

**Tuesday, December 2nd at 7 PM
at the Redmond High School Performing Arts Center**

Laura Kastner, Ph.D presents **Surviving & Thriving with Your Teen during the Teen Brain Reconstruction Phase** This presentation will include a discussion of the developing teen brain & the roots of *teen-rebellion, risk-taking, defiance, motivation problems, and moodiness*. Parents will learn the importance of controlling their own emotions, conflict resolution strategies and a disciplinary style that lowers teen risk-taking while building social and emotional competence. Dr. Laura Kastner is a Clinical Associate Professor of Psychology at the University of Washington, clinical psychologist and mother of two college students, who writes and lectures widely on adolescent development and family relationships.

Recommended for parents of students 6th grade and up.

This event is sponsored by the Redmond High PTSA & the Lake Washington PTSA Council.

Questions? Contact Joanne Hall at jjjahall@juno.com