

Wednesday, April 21, 2010

Morning Time: 10 – 11:30 AM

Location: LWSD Resource Center Board Room (16250 NE 74<sup>th</sup> St., Redmond)

**Julie Metzger, RN. of Great Conversations** presents

### **The Young and the Restless: The Social Lives of our Children**

Are you unsure of how to support your child's social relationships? Are you finding that understanding the teen/tween world of cell phones and social networking sites is more complicated than you expected? In this presentation, **Julie Metzger, RN** will explore the social/emotional lives of children ages 9 – 14 who are navigating friendships and conflict while building their communication and relationship skills. She will share emotion coaching techniques that support conversations at home around social challenges of children.

**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](http://www.greatconversations.com)

*Recommended for Parents of Students 4<sup>th</sup> – 8<sup>th</sup> grade*

**No Fee, RSVP or Registration Needed**

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