

Tuesday, March 15th from 7 - 9 PM

Location: **Kirkland Junior High School Commons (430 18th Ave., Kirkland)**

Great Conversations between Parents & Adolescents: Top Ten Talks to Have Together

Presenter: *Julie Metzger, RN*

One of the greatest balancing acts parents face in today's world is knowing when to step forward to help and guide their teen's lives and when to let their teen make independent decisions and choices for themselves. How do families work together in a partnership of trust and respect as children and parents encounter new experiences? You will learn – How to distinguish between hype, myth and facts around potentially risky choices? What are the right questions to ask? What information do your students need?

Julie Metzger, RN, the Co-Founder of Great Conversations, is a well respected presenter on a wide range of parenting issues. 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 curriculum 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 Grades 5 - 9

This **FREE** program is sponsored by the Lake Washington PTSA Council

No registration required

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