

Getting to Calm

A Parent's Toolbox for Growing Happy, Healthy, Successful Kids

Stress, anxiety, depression – even our youngest kids are feeling the effects. According to the 2012 Healthy Youth Survey, 22% of LWSD eighth graders report depressive feelings and one in five 12th graders have contemplated suicide. Join us to learn about the science of adolescent emotions and how parents can foster emotional strength in themselves and in their children. Find out about the 7 essentials of happy, healthy kids and how to connect with your kids in even the most challenging moments. This presentation is for adults who interact with youth of all ages. More information: parent.ed@lwptsa.net.



Tuesday, April 29

7:00-9:00 p.m.

Lake Washington School District Resource Center
16250 N.E. 74th Street
Redmond, 98052

Speaker

Laura Kastner, Ph.D.

Clinical Professor of Psychiatry and Behavioral Sciences at the University of Washington

Nationally renowned expert on teen behavior and development, Dr. Kastner is also co-author of the best-seller *Getting to Calm: Cool-Headed Strategies for Parenting Tweens and Teen*. Her new book is *Wise-Minded Parenting: 7 Essentials for Raising Successful Tweens + Teens*.

Presentation followed by Q&A

