



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

HELPING YOUR CHILD ENTER THE TEEN YEARS

An Interactive Parent Workshop with Linda Marten, MSW

Saturday, May 11

6:30–8:30pm

Westchester Y Annex

Join **Linda Marten, MSW** and other parents and discover what is happening to your child during the **Transition to the Teen Years:**

- Understand the changes your child is going through (pre-teen and teen).
- Get to know the teen brain.
- Open channels of communication and set limits.
- Hang on to your sanity (or get it back).
- Reinforce what you learn with take-home information, resources, and more!

There will be refreshments and prizes.

Facility members \$10

Y guests \$20

(no one is turned away due to lack of funds.)

Please register before May 9 at the Welcome Center,
310-670-4316.

Linda Marten, MSW

Helping families since 1998.

Get Help Parenting

(310) 422-2397

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“These workshops really helped me turn around my relationship with my daughter.”

—Mother of teenager

“As a single dad I came into the workshop stressed, tired & overwhelmed...I left with a genuine smile on my face.”

—Single father

WESTCHESTER FAMILY YMCA

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