



# Parenting Early Teens Workshop

For Parents of Early Teens (ages 13 to 15)

<b>Date:</b>	Tuesday, June 28 <sup>th</sup> , 2011
<b>Time:</b>	7:00 – 9:00 p.m.
<b>Location:</b>	I hope family centre #101-255 West 1 <sup>st</sup> Street North Vancouver, BC
<b>Cost:</b>	No cost (registration is required)
<b>To Register:</b>	Email: <a href="mailto:mhudson@familyservices.bc.ca">mhudson@familyservices.bc.ca</a>

## Join Us!

This short workshop will provide parents of early teens (ages 13 to 15, and perhaps even younger children) with the basic guidance on how to improve intergenerational communication and relationships by creating an environment of encouragement, acceptance, and trust. Current concerns which often yield much anxiety such as sex, drugs, eating habits, violence and bullying will also be touched upon. Resource materials on general as well as on specific topics of discussion will be provided for future reference. **Registration required!**

## Facilitators:

**Samar Shata** – has extensive experience working with youth. She worked as a high school teacher and school counsellor in Egypt, and she worked as youth support worker in the North Shore (at the Multicultural Society). Currently she is pursuing her masters in Counselling Psychology from the Adler School of professional psychology while conducting a mental health counselling internship at Pacific Community Resources, where she works directly with youth, families, and couples. Samar has a great passion for delivering psychoeducational training and equivalent workshops.

**Fernanda Souza**, MEd, (PhD Candidate) - has taught in the teacher-training program at the University of British Columbia and worked as a research assistant at the Womens Health Research Institute (an organization connected with BC Womens Hospital). She is currently an instructor of Sociology and Psychology at Dorset College and regularly conducts psychoeducational workshops on Emotional Intelligence, Self-Confidence, and Assertiveness. Before coming to Canada from Brazil she was the headmaster of a private high school.

