

# Helping them Grow, Keeping Them Close

## HOW TO HELP YOUR CHILDREN HAVE A THRIVING ADOLESCENCE

One minute they need you, the next minute they're pushing you out of their room. Even as they grapple with their independence and push you away with their surly attitude, your connection with your preteen and adolescent is still vital. In this workshop, you'll discover a strategy to connect with them that provides the attention and space they need so you can hear what's important to them and give support to their struggles.

You'll walk away with a powerful tool to reduce the frustration of parenting and help you keep your anger, frustration, and worries at bay.



**Free Workshop**  
**Berkeley Rose Waldorf School**  
**2515 Hillegass Ave., Berkeley, CA.**  
**Tuesday May 15, 2018**  
**7:00pm-8:30pm**  
**Register at link below:**

**[www.parentchildconnection.com/keeping-close/](http://www.parentchildconnection.com/keeping-close/)**

Julie Johnson has been in the field of education for over 20 years as a teacher, trainer, and researcher. Julie is a certified Hand in Hand Parenting instructor and currently conducts classes and consultations for parents throughout the San Francisco Bay Area and globally via the internet. Find out more at **parentchildconnection.com**