

Helping parents & teens connect!

Join us online for 2021-22!

HOT TOPICS

Forum #5:

April 13, 2022 ▪ 7 p.m.

for Parents of Teens

Managing Your Stress While Parenting a Teen



Parenting teens can be a stressful stage of life. Being aware and paying attention to our stressors and how to better respond to them allows us to show up with our teens in the way we most want. This presentation provides an overview of stress management, emphasizing techniques based on mindfulness practices. Does practicing gratitude make a difference? What breathing technique is used by Navy SEALs for calming? Please join the forum to learn more.

Online - Open to parents & the community

Wednesday, April 13, 2022 ▪ 7 p.m.

PRESENTERS: Lynne DeMoor, MS, RDN, Community Health Coordinator and Nutritionist, Health Department of Northwest Michigan; and Amy Janssens, MA, Aligned Living

Participate via Zoom at the following link: <https://us02web.zoom.us/j/88641981702>

This is the last Hot Topics forum of the 2021-22 school year.

Presented by Petoskey Public Schools, Emmet County Probate and Family Court, Alcona Health Center, and the Health Department of Northwest Michigan. Questions? Call (231) 412-6456.