

AN OPEN CONVERSATION



A Lecture Series for Parents of Teens

Calm, Cool, & Connected: Monday, March 10, 7:00 pm

Druker Auditorium - Newton Free Library

Susan Swick, MD, Chief, Division of Child and Adolescent Psychiatry, Newton-Wellesley Hospital and

Jennifer O'Leary, MA, Director of Youth Services, City of Newton

How do I know when my child is at risk? And what do I do about it? I want my teen to feel connected and I want to know what resources I can access in my community.

The Newton Free Library and Newton Youth Services will be hosting a five-part series of workshops for parents around the topics of wellness, stress management, and communication. As part of the Youth Stress grant awarded to the Newton Health & Human Services Department this program is being offered by Newton Youth Services and Newton Free Library in partnership with Newton Cares, Newton-Wellesley Hospital, Riverside Community Care, the Massachusetts School for Professional Psychology and the MultiService Eating Disorders Association. Presenters will include mental health professionals and experts in adolescent development and communications. *This series is free and open to the public and will be held in Druker Auditorium, Newton Free Library, 7-8:30 pm.*

Part II: **Success Under Stress**, Wednesday, April 30

Part III: **#sorrynotsorry**, Tuesday, May 13

Part IV: **OMG! Your teen actually talks to you?**, Monday, June 2

Part V: **Don't Hate, Appreciate**, Thursday, June 19