



**“JOY COMES TO US IN ORDINARY MOMENTS.  
WE RISK MISSING OUT ON JOY  
WHEN WE GET TOO BUSY CHASING DOWN  
THE EXTRAORDINARY.”**

BRENÉ BROWN

### **Wholehearted Parenting in the Adolescent Years**

A 4-week series led by  
Sarah Jones, LCSW, CDWF-  
Candidate

When

September 15, 22, 29, and  
October 6, 2015  
From noon-1pm

Location

Westlake High School

Price

\$25 for all 4 sessions

For more information or to sign up  
contact Sarah Jones, LCSW at  
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or Katie Bryant, LCSW at  
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Have you ever had one of those moments in which you felt as if you weren't "measuring up" as a parent? Have you experienced the deeply intense conflict of knowing you need to set a boundary with your teen but also feel compassion for the struggle he or she faces?

In this 4-week series you'll connect to your authentic self as a parent while learning tools to address some of the greatest challenges of parenting teens. We'll explore and build tools to

- identify shame-prone\* behaviors
- increase compassion and empathy
- increase connection with your teen, and
- increase your resilience as a parent

(\*shame proneness is highly correlated with addiction, depression, suicide, bullying, aggression, violence, and eating disorders)