



ESSENTIAL LIFE SKILLS FOR PARENTS OF TEENS

IS YOUR TEEN READY? ARE YOU?

YOUR COLLEGE-BOUND TEEN

EXPERT PANEL ON THE TRANSITION FROM HIGH SCHOOL TO COLLEGE

TUESDAY, 03/10/20

6:30PM-8:00PM

OSHS LIBRARY

FOR ALL SHORELINE PARENTS (STUDENTS WELCOME TO ATTEND, TOO!)

AWARD-WINNING YOUTH PROGRAM - SELF-EFFICACY - CONFIDENCE - INDEPENDENCE

EXPERT PANEL INCLUDES:

Michelle DiLorenzo, MD - Pediatrician at Wildwood Pediatrics

Alicia Farrell, PhD - Cognitive Psychologist

Gretchen Holthausen, LPC - School Psychologist

Jennifer Welsh - Associate Dean for Academic Affairs/First Year Experience

This is an informative, honest discussion about how to support our teens as they learn to manage increased responsibilities and independence.

TOPICS INCLUDE:

What to expect and how to prepare for the first year of college

Your changing role in your teen's life

Safety & Decision-Making

Your rights as a parent of a college student

Effective parent-teen communication skills

Age-appropriate life skills and responsibilities

**\$25 GIFT CARD DRAWING
AT EACH CLASS!**



OS YOUTH & FAMILY SERVICES
322 MAIN STREET, OS
OSYFS.ORG

**REGISTER OR DROP BY
860-395-3190**

FOR MORE INFORMATION
CONTACT SAMANTHA STEINMACHER, LPC