

SAVE-THE-DATE!

CRLS Parent Workshop: Resilient Parents, Resilient Teens



Facilitated by
Joyce Krensky, M. Ed.

March 31, 2016 | 6 – 7:30PM

CRLS – Career & College Resource Center (CCRC)

Support for Parents as You Support Your Adolescents

Learn how you can use a Strength-Based Model to help your child.

Help your teen to:

- Cultivate social and emotional intelligence
- Balance autonomy and family connectedness
- Manage stress and anxiety
- Embrace challenges
- Navigate friendships – in peer groups, dating, & cyberspace – and more...

Open to all Upper School & CRLS families.

For more info or to register, please contact Greta Hardina, CRLS Family Liaison, at 617.349.6660 or ghardina@cpsd.us.