

CRLS Parent Workshop

HELP YOUR TEEN DEVELOP
RESILIENCE & HEALTHY SELF-ESTEEM

Thursday, March 22 | 6-7:30PM

Location: CCRC at CRLS
(Room 1501, 1st floor near Media Cafe)

Facilitated by Patricia Lotterman, LMHC, DCMHS

Being a teen can be hard, especially during the college application process.

You can help your teen:

- Bounce back from negativity and the hard knocks of life.
- Find their center in the face of conflict and chaos.
- Seek challenge, live their dreams, and have healthy, fulfilling relationships.

Questions? Contact Greta Hardina, CRLS Family Liaison: ghardina@cpsd.us