



# **Mental Health and Wellness Parent Seminar Series**

Loudoun County Public Schools  
Department of Student Services

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## **Managing Bumps in the Road During Adolescence: Building a Resilient Relationship with Your Teen**

Wednesday, November 30, 2022  
6:30pm - 8:00pm

LCPS Administration Building  
21000 Education Court  
Ashburn, VA 20148

Raising children can be the most humbling of all life experiences. In this presentation, you will be provided with a road map to help your teen reach their potential without hovering, pushing for perfection, or succumbing to button pushing. Parents will learn the most practical parts of normal adolescent development to put together a road map that helps them maneuver crises, conflict, and set reasonable boundaries. Knowing how much nurturing and limit setting your child needs, helps build healthy relationships.

**Registration is required.**  
**To register: <https://bit.ly/3SXC4MT>**

If, due to a disability, you need assistance to enable you to participate in a workshop or need a language interpreter, call Parent Resource Services at 571-252-6540 at least five business days prior to the event.

