

It Takes Two *Parent-Teen Workshop*

Strengthening connections through better communication

Join us for a one day workshop where parents and teens will learn skills and tools to better communicate with each other. **Parents** can overcome the challenges of communicating with their teens. **Teens** can learn to make communication with mom or dad easier and feel understood and heard.

This workshop is in an intimate group environment, and will involve both individual and group exercises that will focus on providing both parents and teens effective and connection driven communication skills.

During this class the participants will learn:

- their communication style
- new ways to begin conversations
- ways to increase love & connection
- how to maintain a long term bond

Who should attend:

One Parent - One Teen (ages 13-17)

Teens and parents can choose which parent will attend.

*Saturday,
October 8, 2016*

8:30 a.m. to 4 p.m.

100 East Ventris Avenue, Maitland

Breakfast and Lunch Provided

*Early Registration
Before Sept. 8: \$235 Per Pair*

After Sept. 8: \$245 Per Pair

*Instructors
Geraldine Gomez, LMHC*

*Gina Skopec, RMHCI
Registered Mental Health Counselor Intern*

To register or for additional information about the workshop, please call **407-951-8812** or email **office@kellypsychology.com**