

# Parents Embracing Adolescence

## A HOLISTIC APPROACH TO PARENTING FOR RAISING RESILIENT TEENAGERS

In this dynamic 4 session small group workshop, grounded in neuroscience and contemplative psychotherapy, parents will:

Reduce reactivity and increase mindful responding

Increase your confidence as a parent

Learn how attachment styles impact relationships

Cultivate attunement strategies for connection

**Tuesday Evening Sessions**

**from 7:00 – 8:00 p.m.**

**March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, & 24<sup>th</sup> 2020**

**\$200 for the entire workshop**

**Facilitated by Susan Koenig, LCSW**

**Call 631-521-0966 to register**

The Holistic Center for Soulful Living  
811 W. Jericho Tpke, Suite 203E  
Smithtown, NY 11787