

# THE ART OF COMMUNICATION: FOR PARENTS OF TEENS AND TWEENS

**3 Sessions**  
on Zoom!  
**Tuesday Evenings**  
**April 23, 30 May 7**  
**6:30-8pm**  
**OR**  
**Thursday lunchtime**  
**April 25, May 2, 9**  
**12-1:30pm**


**Stay close and stand back!** In this 3 week series, parents and caregivers will jump into the lives of their teens and tweens and explore what they are experiencing socially, emotionally and physically.

They will discover **communication strategies** to strengthen the relationship with their children that will go well beyond the teen years the first two classes.

Class three will be **tools and strategies around screens** —iPads, phones, social media and more. We will discuss the when, where and how to help guide your family's decisions around this overwhelming topic.

Appropriate for parents with children ages 10+

*I would tell parents to take this class as a reminder of what it is like to be a teen. It really helped me rethink my approach to the years ahead. I was also overwhelmed with phone issues and Julie helped reframe that so it feels more manageable in our home. --Gary, children ages 12 and 14*

**For more information,**   
**registration and questions visit:**  
[www.julieatkinsoncoaching.com](http://www.julieatkinsoncoaching.com)

Registration fee: \$60-\$90  
sliding scale



**Facilitator: Julie Atkinson, MEd**  
California Certified Teacher  
Positive Discipline Educator

Julie is a former middle school teacher and has been facilitating classes since 2017. She is a mom of a 12 and 15 year old.