

Randall Children's Hospital at Legacy Presents
Parenting Teens
Keeping Perspective and Staying Connected
A Full Day Workshop with

Howard Hiton MS, LPC, Therapist and Author

Saturday March 3, 2012
9:00-3:00

Legacy Meridian Park Hospital
Education Building • 19300 SW 65th Avenue • Tualatin, OR 97062



Practical information for parents of 10-18 year olds

Adolescence represents a time of intense change for teens and their families. We sometimes lose perspective which can set off a chain of intense emotional reactions that cause further difficulties. This workshop will provide you with an opportunity to calmly consider what's working well in your family and steps you can take to improve behavior and relationships. Through presentation, video clips and small group conversations we will explore: *setting appropriate limits, monitoring technology, talking to teens about risky behavior, conversational preferences, and communication styles that work.*

Participants will:

- examine the biological and social forces that contribute to adolescent development*
- consider strategies to keep perspective, maintain calm and stay connected*
- discuss important issues with other parents*

About the Presenter:

Howard Hiton is a Licensed Professional Counselor. He has provided individual, family, and chemical dependency counseling services since 1987 in residential treatment, community agencies, middle schools and high schools. Howard has been in private practice since 1995. He was the recipient of the Oregon Pediatric Society's 1999 Award for Service to Children and the 2005 Oregon Peacemaker Award of Excellence for his support of youth. Howard is a co-author of BAM! Boys Advocacy and Mentoring: Helping Boys Connect Through Physical Challenge and Strategic Storytelling, a Guidebook for Leading Boys Groups. His presentation style is consistently evaluated as being warm, engaging, and thought provoking. Hiton is the father of fourteen and ten year old sons.

Advanced registration required.

\$75.00 per person payable at the door

(Cash or check only. Lunch on your own.)

For information and registration call 1-877-435-3500 or visit: www.HitonAssociates.net