

Parenting Teens: Keeping Perspective and Staying Connected *A Full Day Workshop with*

Howard Hiton MS, LPC, Therapist and Author

Saturday April 15, 2017
9:00-3:00

Cedarwood Waldorf School
3030 SW 2nd Avenue, Portland, OR 97201



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 Award for Service to Children and the 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 nineteen and fourteen year old sons.

Advanced registration required. Register by email at HH@HitonAssociates.net

\$100.00 per person payable at the door

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

For information call 503-234-6972 or visit: www.HitonAssociates.net