

Real Hope: Helping Your Teens Thrive

Join Kim Fredrickson, MFT, Parent Coach to help you better understand your teens, learn strategies to interact in positive ways that will make a difference, as well as learn practical tools to keep yourself grounded through the ups and downs of these teen years. We'll be covering...

- **Why does my teen do so many wacky things?** Understanding the huge changes that are occurring inside your teenager's brain will explain a lot!
- **How can I help my teen to think clearly, make good decisions, and regulate his/her emotions?** Learn practical tools to both understand and work with the brain changes happening in your teen, helping them to mature.
- **How can I build my relationship with my teen and stay connected?** New information presented will help you strengthen your relationship with your teen, and help open up the lines of communication.
- **How can I handle the stress, confusion and challenges of parenting teens?** Practical ways of interacting with yourself and your teen will help keep you grounded during these years.

Saturday, October 17th, 2009 10:00 am - 2:00pm (note new date)

Bayside-West Roseville Offices - "The Pier"

7311 Galilee Rd #135, Roseville, CA

Leader: Kim Fredrickson, MFT, Parent Coach

\$15 per person (includes lunch and all materials)

Register at http://www.kimfredrickson.com/Parenting_Seminar.html

or by filling out the registration form below

E-mail Kim@KimFredrickson.com for any questions or information

Registration Form Real Hope: Helping Your Teens Thrive

Date: SATURDAY October 17th, 2009 10:00am -2:00PM

Where: Bayside-West Roseville Offices - "The Pier"

7311 Galilee Rd #135, Roseville, CA

Leader: Kim Fredrickson, M.S., MFT

Name: _____

Address: _____

Phone: (W) _____ (H) _____ (Cell) _____

E-mail: _____

How did you find out about this workshop? _____

Cost: \$ 15.00 (per person) _____ \$15 for one _____ \$30 for two

Mail Registration and check made out to " Kim Fredrickson " to 1891 East Roseville Parkway #100, Roseville, CA 95661 Questions? Call Kim at (916) 789-7082 x309

Please include your e-mail address. Your registration will be confirmed via e-mail.

Cut form at the top dotted line and send in registration form with check. Keep bottom info