

Save the Date

Guiding our Tweens and Teens Through Stressful Times - A Parenting Workshop



Parents of middle and high school students are invited to hear from expert, Annie Fox, in exploring the role that stress plays in our children's academic and social life and how it impacts their ability to think clearly and make healthy choices. Parents will also learn about improving their own stress management skills in an effort to parent more effectively, tuning into their children's emotional life, and practicing the art of active listening so that they can become a key component in their child's support network.

DATE/TIME: April 25, 2007 / 7:00 p.m. to 8:30 p.m.

LOCATION: Marin County Office of Education
The Board Room
1111 Las Gallinas Avenue
San Rafael, CA 94903

PRESENTER: Annie Fox, M.Ed., is a writer, educator, and online advisor for parents, tweens and teens. Annie's books include *The Teen Survival Guide to Dating and Relating* and *Too Stressed to Think? A Teen Guide to Staying Sane When Life Makes You Crazy*

RSVP: Please RSVP by April 20, 2007 to:
Luke McCann, Assistant Superintendent
Phone: (415) 499-5816
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Email: safeschools@marin.k12.ca.us



This workshop is part of a series of presentations that are designed to help parents stay connected with their children. To obtain additional information on future training opportunities, please visit the OurSpace website at: www.safeschools.marinschools.org/

This special presentation is sponsored by:



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