

Finding the Balance:

A Parenting Workshop on Adolescent Development & Self-Esteem

The adolescent years can be quite challenging for parents as their teen adjusts to physiological changes, academic and social pressures, and college/career goals. These stressors may exacerbate anxiety and depressive symptoms, as well as interpersonal and family difficulties. This workshop will provide parents with an overview of adolescent development, ways to foster positive self-esteem, and guidance in finding the right balance with their teen.

Place: **Framingham Public Library - McAuliffe Library Branch:**

746 Water St, Framingham, MA 01701

Date: **Saturday February 11th, 2017**

Time: **10:00am - 11:30am**

Cost: **Free**

Refreshments will be provided!

Facilitators

Zaza Sakhat, LICSW, is a clinical social worker in private practice in Worcester, MA. She provides psychotherapy to children, adolescents, and families. She focuses especially on the developmental concerns of girls, and facilitates a Teen Girls Group as well as an on-going parenting program on raising girls. She is committed to a life's mission of social justice and activism.

Kyle T. Ganson, LICSW, is a clinical social worker in private practice in Concord, MA. Kyle specializes in boy's and men's issues, eating and exercise disorders, grief and bereavement, anxiety, depression, and carers of individuals with mental illness. Kyle is also a doctoral student and adjunct professor at Simmons College.