

FREE Parent & Teen Communication Workshops



Dr. Maisha Syeda

Teens and parents may find it challenging to communicate with each other. However, parent and caregiver support is still critical to healthy development and transitioning of teenagers. Our Keynote presenter is Dr. Maisha Syeda of Western University's Centre for School Mental Health. She will explore the interplay of brain and social-emotional development, expectations, and newcomer experiences of teenagers in supporting parents to identify helpful communication strategies with their teens. Dr. Syeda will also speak from her own early experience as a newcomer adolescent.

After the Keynote address, each participant will move to their chosen workshop:

- 1. What's Next? for adults and teens, facilitated by UTM**
- 2. Healthy communication with your teen, by Western University**
- 3. Healthy Relationships Plus communication module for teens.**

Each family will receive a FREE parenting book, while supplies last.

Register for this FREE event at: <https://nov21bettercommunicate.eventbrite.ca>

**Thursday, November 21, 7-9 p.m.
at Vic Johnston Community Centre, 335 Church St., Streetsville**

Erin Mills Connects is a collaborative of community leaders including parents and guardians. This group organizes events that inform and connect students and families to local resources and services that increase well-being in Erin Mills. Visit erinmillsconnects.org



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