

TOPICS FOR PARENTS



"When you give yourself permission to communicate what matters to you in every situation you will have peace despite rejection or disapproval. Putting a voice to your soul helps you to let go of the negative energy of fear and regret." — Shannon L. Alder



- **Interested in better communication with your adolescent/teenager?**
- **Wish you understood your adolescent/teenager better?**
- **Determined to build a better relationship with your adolescent/teenager?**
- **Want more information about issues adolescents/teenagers face today?**

September 15, 2015

6:30 - 8:30 pm

Chapman Elementary School

Topic: Communication Styles

Presented by: Agusta Lind, Counselor, M.Ed.

"Each of us communicates in our own style and in ways most comfortable and effective for us. Like art, communications can take on unlimited forms and variations, each unique to the person." ~Peter Garber

Understanding your own communication style is the first step to being a good communicator. Understanding that your child's communication style might be different from yours is the first step to being a good listener. Come explore communication styles with Agusta to begin to answer the question: "How do I communicate with my teenager?"



Upcoming Topics for Parents

Open to all Anchor Point area Parents

The first 15-20 minutes, meet and greet with refreshments provided. Following the presentation there will be a 20-30 minute question and answer period.

October 6, 2015 6:30 – 8:30 pm

Chapman Elementary School

Topic: The Adolescent Brain

Presented by: Brian Partridge, Kenai Peninsula College

November 10, 2015 6:30 – 8:30 pm

Chapman Elementary School

Topic: Understanding the Communication Needs of Introverts/Extroverts

Presented by: Michelle Waclawski, Kenai Peninsula College

More information? Contact Agusta Lind,
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