

# PARENT CAFÉ-ONLINE

**THURSDAY EVENINGS FROM NOVEMBER 2-NOVEMBER 23, 2023**  
**6:00-7:00 PM ONLINE VIA TEAMS**

## WHAT IS PARENT CAFÉ?

*If you are struggling to understand your middle school child, you are not alone. During middle school your child goes through so many changes; cognitively, physically, and socially. You love your child and may feel lost and unsure of how to support them through these challenging emotions and behaviors. In our Parent Café we will teach you skills that will help You reconnect with your child, support difficult emotions, and reduce unwanted behaviors.*

### Parent Cafe:

\*Gain clarity on the developmental changes that are happening in your child's brain

\*Learn skills to support your child through their big emotions, even the ones you don't understand

\*Your child may also be exhibiting challenging behaviors as a result of their difficult emotions. You will learn how to reduce these unwanted behaviors.

\*Learn how stress is impacting your child and how you can support them in managing their stress in a more positive way.



**When:** *Thursday evenings from 6:00-7:00 pm from November 2-November 23, 2023*

**Where:** *Online via Teams. A link will be emailed to you the day before the first session.*

**Registration:** *Please email to register or to request more information.*

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