

CareHere!®

Parenting A Teen

Monday, June 14th

11:30a-12:30p CDT

5:30-6:30p CDT



Webinar



**During this webinar presentation,
parents will learn:**

- What to expect during the teenage years
- What is going on developmentally with your teenager during this time
- How self-awareness is the key to surviving the adolescent years
- The 5 basics of parenting adolescents and when to seek help for your teenager.

**Please note: Participants MAY NOT join webinars during work hours. All webinars and programs are to be completed outside of work hours. If you are interested in this webinar but are unable to view it at the scheduled time, you may request a recorded version by e-mailing wellness@carehere.com.*

Please go to www.carehere.com to register for the group and log on with your user name and password. Click on Wellness Registration (April-June) on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done.

If you have questions, you may contact CareHere Health Coach and Social Worker Elizabeth Nunley at enunley@carehere.com or call her at 615-866-6395 or toll free at 877-866-6430 ext. 6395.