

IS YOUR TEENAGER STRESSING YOU OUT?

Get Help Parenting*
is here for you...

FREE Presentation

Linda Marten

MSW, Parenting Coach

DATE: SATURDAY, JUNE 11TH

TIME: 3:00PM - 5:00PM

PLACE: SANTA MONICA LIBRARY

(Montana Branch - Corner of 17th & Montana)

Ms. Marten will present helpful information and tips on:

- The teen brain
- The changing parent-child relationship
- Ways to connect with your teen
- Setting limits with teens
- Stress relief for parents
- and more...

DON'T MISS THIS OPPORTUNITY TO IMPROVE THE RELATIONSHIP BETWEEN YOU AND YOUR TEENAGE CHILD!

* *Get Help Parenting* is a private, parent coaching business owned by Linda Marten, specializing in helping parents increase their parenting skills, especially during the teenage years. For more information, call (310) 422-2397 or email Lmartenspeaks@yahoo.com. Read Linda's blog at <http://lindaspeaks.wordpress.com>