



Parents Supporting Parents

Supporting each other in Navigating Communication with our Teens

Facilitated by Marina Barnes

Dates: Jan 15th, Feb 11th, March 19th, & April 16th

Time: 7:00pm – 8:30pm

Location: New Millenium Room, Science Bldg, Rm 108

For parents of LGHS students

Together, we will increase our understanding of adolescent behaviors and practice communication skills to best support each other and our students in:

- **self empowerment**
- **focusing on everyone's strengths**
- **transforming conflicts into connection**

Marina Barnes has been interested in communication that supports parents in cultivating connection with their teens by replacing judging and blaming with openness, curiosity, and presence for oneself and for others. Her passion is in sharing proven skills and tools with parents so they can create more peace, harmony, and connection in their family.

For more information, please get in touch with Marina at marina@marinabarnes.net

The Parenting Continuum is a community alliance empowering parents to nurture the whole child and the whole family; focusing on providing K-12 parent education. We are a group of volunteer parents who care and want to bring awareness, support, and resources to help meet the challenges of parenting. For current programs, updates, and resources, please visit:

www.parentingcontinuum.org

<https://www.facebook.com/parentingcontinuum>