



Save the Date! Open to all NSD Families

Wednesday, January 22nd, 7 - 8:30 PM

Inglemoor High School Little Theater

Parent Education Evening: Top Three Parenting Hacks to Help Your Teen Manage Emotions

Join us for a parenting workshop where you will walk away with strategies you can use immediately for yourself and your teen. You'll learn practical ways to navigate behavior & big feelings with your child. Bring a current parenting dilemma for the Q & A session after the presentation.

Cher Anderton, MSW, LSWAIC, a mental health therapist known for her “beyond important and valuable” parenting education workshops.

In *this* workshop, Cher will cover the following topics:

- Learning three simple steps for emotion regulation and processing so your kids have healthy coping strategies for uncomfortable feelings like anxiety, depression, frustration, loneliness and more...
- Understanding youth brain development
- Decoding adolescent behavior; begin seeing behavior as communication and a skill.

Cher Anderton, MSW, LSWAIC is a mental health therapist, MTSS-B/PBIS coach, Trauma Informed Practices consultant, Positive Discipline parent educator and former elementary school counselor. In short, Cher loves working with adults to grow their skill set and increase joy, resilience and sustainability in work and life. Cher is also the parent of four teens, one of whom she and her partner adopted from foster care when he was almost eight years old.

Please contact Jessica Parrott, Inglemoor School Counselor at jparrott@nsd.org with questions. Refer to www.cheranderton.com, Facebook: Cher Anderton, LLC, Instagram: @cher_anderton for more information about the presenter.

This event is brought to NSD by the Inglemoor High School Counseling Department and co-sponsored by Inglemoor PTSA and Northshore Council PTSA.

