



## LAURA KASTNER

### Wise-Minded Parenting

#### *7 Essentials for Raising Successful Tweens and Teens*

**Thursday, December 5 at 7 PM** – Mercer Island High School PAC – 9100 SE 42<sup>nd</sup> St

*For parents with kids in grades 6-12*

**What can parents do** with children whose brains, bodies and social worlds are under constant construction? How can parents feel effective raising teens? Laura Kastner weaves 50 years of parenting research into her clinical experience to answer these questions. She'll offer tools to tap into our "wise minds" to calmly navigate the stormiest of parenting moments.

Beloved speaker Laura Kastner is back on Mercer Island to share insights from her latest book, *Wise-Minded Parenting*. Dr. Kastner will guide us on the roller coaster ride of raising teens by presenting:

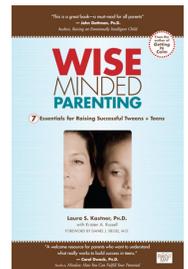
- How to maintain deep connections while helping our teens build trust in themselves
- Simple, practical and down-to-earth strategies for acting and responding more mindfully
- Surprising facts about what defines "great" conversations with our teens
- How not to lose our minds -- just when we need them most!

Join Parent Edge as we welcome Laura Kastner to teach you how to evaluate and improve interactions with your teens. She will guide you to help them develop the attributes of happy and successful adults.

**No charge for MI PTA Members; \$10 at the door for non-MI PTA Members**



Dr. Kastner is a clinical associate professor in the departments of Psychology and Psychiatry and Behavioral Sciences at the University of Washington. She is the co-author of three books on adolescent development, numerous published academic articles and many parenting articles. She has a private practice in which she sees children, couples and families. For more information, refer to [www.laurakastnerphd.com](http://www.laurakastnerphd.com) and [www.wisemindedparenting.com](http://www.wisemindedparenting.com).



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