



# Teens? 2.0

Surviving & Thriving Through the Teen Years  
Join us for a one-day, in-person workshop to help you navigate the wild, wonderful world of raising teens.

Based on Straight Talk About Teens from Psychology Canada, this session offers real talk, practical tools, and fresh perspectives

We'll cover:

- How the teen brain works
- What really matters to teens
- Staying connected/working on relationship
  - Communication
  - Managing risk and setting boundaries

Whether you're in the thick of it or just getting started, you're not alone—and you've got this.

Email [FRN@Leduc.ca](mailto:FRN@Leduc.ca)  
for more Information

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10-3

Family Resource Network

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Family  
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