

SAY WINTER FORUM:

Staying in the Boat During the Rocky Years

Parents and Professionals are Invited to Join us!

Staying in the Boat During the Rocky Years: Effective Strategies for Communicating/Living with Teens

Presented by

Amy Speidel

Parenting Coach and Educator

and

Stephanie Sava, LPCC-S

Clinical Therapist and Supervisor

Monday, January 8, 2018

3:30-5:30 p.m.

(registration begins at 3:15 p.m.)

Bellefaire JCB, Wuliger Center
22001 Fairmount Blvd.
Shaker Heights, OH

2 CEUs

Workshop Topics

- How to promote healthy, effective communication between teens and adults
- Ways to reduce stress and develop relationship skills
- How to cultivate personal strength, growth and confidence in teens

To attend, RSVP to:

Nancy Schaumburg, LISW-S
SAY Coalition Coordinator

216.320.8469
schaumburng@bellefairejcb.org
www.e-say.org



SAY – Social Advocates for Youth is a school-based prevention and early intervention program of Bellefaire JCB for students in middle and high school. SAY services are offered in eight east suburban school districts in Cuyahoga County: Beachwood, Chagrin Falls, Cleveland Heights-University Heights, Mayfield, Orange, Shaker Heights, Solon and South Euclid-Lyndhurst.

For Information:
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