

Dear Port Credit Parents and Guardians,

The Parent Network and School Council are delighted to invite you to attend an evening with **Sara Dimerman on October 28th, 2015, from 7:00-9:00 p.m.** in our lovely school auditorium. Sara Dimerman, Psychologist, Author of five books and creator of www.helpmesara.com has been working with parents and teens for 25 years and is a parent of a teenager herself.

Please join Sara at her presentation on UNDERSTANDING YOUR TEEN, at Port Credit Secondary School!

Share your parenting concerns with Sara in advance of her presentation on Wednesday October 28th so that she can tailor her presentation to your needs by writing to her at: helpmesara@sympatico.ca.

Sara is looking forward to hearing your suggestions on any topics of interest (influence of peers, homework hassles, sexual activity, drugs and alcohol, curfews, video gaming addiction or cell phone over use, etc.). Your questions and suggestions will be kept strictly confidential. Keeping your concerns in mind, at her evening presentation, she will offer strategies and ideas about how to improve your relationship with your teen and how to maintain influence at a time in their lives when peers seem most important to them.

Following the presentation, we ask that you take away her suggestions, apply them in your home and come back on **Wednesday, November 18th, to talk about what has and what has not worked.** At that time, Sara will facilitate a group discussion and workshop so that you can share ideas and concerns with one another while Sara guides you along the way.

Sara is looking forward to hearing from you and we are looking forward to seeing you on Wednesday, October 28th!