

Mindfully Parenting Adolescents on Healthy Connection & Relationships

Thursday | February 26, 2015

6:30 p.m. to 8 p.m.

LCS Dining Hall Annex

Workshop + Q&A

Am I Loveable? (What do I need to do to be loved?)

Love, acceptance, touch, admiration, validation, connection...these needs are essential to our human experience. This workshop will help parents to mindfully approach the topics of relationships and sexuality with their tweens & teens. We will learn a clear structure for parents to talk with their adolescent on these sensitive topics. And refocus an often avoided sex conversation to a more dynamic wisdom training in how to be happy in love and relationships.

Shelly Sowell, Integrative Wellness Counselor, will facilitate this 90 minute workshop that includes:

- **Development stages of teen intimacy and relationship**
- **What exactly is the sex talk for today's teen?**
- **Tools/Strategies/Resources for working with Teens**
- **Healthy/Unhealthy/Abusive Relationships**
- **Hook-up Culture**
- **Most important questions to ask your kid**
- **Discussion**

While this event is sponsored by the LCS Middle School, all parents are welcome to attend. Shelly will also offer an in -depth **4 part Mindful Parent series in March/April** for 25 participants.



Shelly Sowell, M.Ed., LPCC, works with schools to create meaningful, effective and comprehensive wellness programs. She has worked as a counselor, educator, consultant and mindfulness-based life skills instructor throughout her career, which began in 2004, and has created wellness practices in Miami and Los Angeles. Shelly has consulted with and worked for community agencies, public and private schools, non-profits, colleges and universities, and an eating disorder residential treatment center.

Shelly attended graduate school and trained at Vanderbilt University in Nashville, Tennessee. She holds a license in Professional Clinical Counseling in the state of Kentucky and is a National Certified Counselor. For more information, please visit www.shellysowellwellness.com.