

Mindfully Parenting Teens into the College Years

How to help build your teen's inner resilience in a challenging culture

Thursday | September 3, 2015

Workshop + Q&A

IDENTITY, INTIMACY, INDEPENDENCE

These are the developmental challenges for a teenager. Many parents struggle with their role when their teen reaches the independence that comes with latter high school years. Often parents share that they want to be involved, but have difficulty knowing how to communicate, set boundaries, and create connection when their teen sometimes looks and acts like an adult. Teen are entering an adult world of complexity and challenge in a faster and deeper way now that they are fully growing up in a digital age. They need the wisdom, love and guidance from their parents in a big way.

This workshop will help parents to mindfully approach the cultural challenges and developmental shifts teens face.

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

- **Development stages of late teen years into adulthood**
- **Cultural concerns**
- **Tools/Strategies/Resources for working with Teens**
- **Healthy Stress-management**
- **Most important conversations before college**
- **Discussion**

We hope you can join us!



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, Los Angeles & Louisville. 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.