

Parenting Teens as a Path

hosted by Vistamar School



Mindfully Parenting through the Teen Years

**4 Part Workshop Series
May/June 2014**

Experiential, Educational, & Discussion based Group Work on Shelly's most asked for parenting teen topics.

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Integrative Wellness Practitioner

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Parenting as a Path means to engage with your child on a journey to wholeness; being aware of your mental and emotional patterns and how they impact your ability to relax and to see clearly your child's growth and development.

This workshop series will help parents learn stress-reduction skills and parenting strategies for the teen years through the context of mindfulness, or present-moment awareness. Each workshop will consist of experiential practices, parenting skills & strategies, and discussion.

These workshops are designed for parents of teenagers and will focus on the three developmental tasks that take teens into adulthood: Identity, Intimacy & Independence.

4 Workshops

Location: **Vistamar School** – 737 Hawaii St, El Segundo, CA 90245
Time: 7 p.m. to 9 p.m.
Dates: MONDAYS May 5, May 12, June 2, June 23
(look at descriptions below)
Cost: \$20 per person, per workshop
Participants: Limited to 25 Participants (Adults only) - Open to the community

****Pre-registration required – class closed at first 25 participants and then a waiting list will be established. See details below for each class. To register, email shellysowell@live.com with your name and which sessions you are committing to and Shelly will email you back to confirm. Participants will sign in and pay at door.**

Parenting Teens as a Path | May 5, 2014

Monday 7:00-9:00 p.m. | Vistamar School



Part 1 Foundational Concepts:

how being a mindful parent can change everything and bring peace to the home

“You don’t understand me!”

Heard this (or felt this) before? This workshop focuses on 4 life-changing foundational concepts needed for healthy communication and creating peace in the home. Shelly will teach tools for parents to see their own lives clearly and separately from their kids. Learn how to stop feeling triggered and create a PAUSE button before reacting and engaging in an unproductive cycle with your teen.

Shelly Sowell, Integrative Wellness Practitioner, will facilitate this 2 hour workshop that includes:

- **Mindful Parent Practices**
- **Tools/Strategies for working with Teens**
- **Discussion**

We hope you can join us!

Registration: Please email shellysowell@live.com to register for Workshop Part 1 by Sunday, May 4th. Spots are reserved on a first come, first served basis.

For more information on Shelly, please visit www.shellysowell.com.

Parenting Teens as a Path | May 12, 2014

Monday 7:00-9:00 p.m. | Vistamar School



Part 2 Identity:

How Parents Can Mindfully Help Teens to Navigate the Search for Self

Who Am I? (Who do I need to be in order to be accepted and loved?)

It is healthy and natural for teens to explore different ways of being in the world in order to discover their true voice/presence. This session will explore the issues teens face in developing their identity in the 21st century, especially in light of digital culture. It will include exercises to teach parents how to communicate with teens about their decision making and turn tense situations into wisdom opportunities.

Shelly Sowell, Integrative Wellness Practitioner, will facilitate this 2 hour workshop that includes:

- **Mindful Parent Practices**
- **Tools/Strategies for working with Teens**
- **Discussion**

We hope you can join us!

Registration: Please email shellysowell@live.com to register for Workshop Part 2 by Thursday, May 8th. Spots are reserved on a first come, first served basis.

For more information on Shelly, please visit www.shellysowell.com.

Parenting Teens as a Path | June 2, 2014

Monday 7:00-9:00 p.m. | Vistamar School



Part 3 Intimacy:

Helping Teens Answer the Quest for Love and Pleasure in a Healthy Way
(Yes, this is the Sex Talk)

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

Love, 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 teens. We will learn a clear structure for parents to talk with their teen 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 Practitioner, will facilitate this 2 hour workshop that includes:

- Mindful Parent Practices
- Tools/Strategies for working with Teens
- Discussion

We hope you can join us!

Registration: Please email shellysowell@live.com to register for Workshop Part 3 by Thursday, May 29th. Spots are reserved on a first come, first served basis.

For more information on Shelly, please visit www.shellysowell.com.

Parenting Teens as a Path | June 23, 2014

Monday 7:00-9:00 p.m. | Vistamar School



Part 4 Independence:

Helping a Teen to Become an Adult (while staying connected to you)

Am I Worthy? (Can I make it in this world?)

The number one fear teens share with me is the fear of disappointing their parents. The second biggest fear? Not being able to make it in this world. This workshop will focus on the factors needed for teens to become successful adults and the areas that can block them from growing and developing. This class will include discussion on drugs & alcohol and mental wellness.

Shelly Sowell, Integrative Wellness Practitioner, will facilitate this 2 hour workshop that includes:

- Mindful Parent Practices
- Tools/Strategies for working with Teens
- Discussion

We hope you can join us!

Registration: Please email shellysowell@live.com to register for Workshop Part 4 by Thursday, June 19th. Spots are reserved on a first come, first served basis.

For more information on Shelly, please visit www.shellysowell.com.

