

How to talk when it's really important

A healthy communication group for teens and their parents



The goal of this group is for parents and teens to learn and experience together healthy, respectful, effective communication.

- Tuesdays nights 5-7pm, November 9 – 30, 2010
- 4 week co-ed closed group for family pairs: 1 parent + 1 teenager ages 14-17
- Group is limited to a maximum of 8 total participants (4 pairings)

Aspects of healthy communication we will be addressing through art therapy and group activities:

- Boundaries
- Mutual respect
- Listening and talking
- Expressing and hearing feelings

Laura's House Counseling and Resource Center
999 Corporate Drive, Suite 225
Ladera Ranch, CA 92694
949.240.0363

Please Note: Space is limited. Each participant must complete registration and an intake with Laura's House prior to the start of group.