



PARENTING A TEEN OR PRE-TEEN? STRESSED OUT? JOIN THE CROWD!

Learn what contributes to teenage stress and get some tools to help your family live a happier and healthier life amidst everyday stresses.

Stress and Your Teen: A Conference for Parents of Teens and Pre-teens

VISIT WWW.YOURTEEN.ORG
TO REGISTER
SCHOLARSHIPS AVAILABLE

SATURDAY, NOVEMBER 13, 2010

8:30AM – 3:00PM

BLACKSTONE VALLEY
REGIONAL VOCATIONAL TECHNICAL
SCHOOL, UPTON, MA

\$15 PER PERSON
(\$25 FOR TWO PEOPLE WHO
REGISTER TOGETHER)

BREAKFAST & LUNCH INCLUDED

508-422-2838

The Center for Adolescent Health and Milford Regional Medical Center are pleased to announce a conference for parents and providers of teens.

Keynote speakers from Harvard

Medical School, Mass General Hospital,

and The Bridge of Central Mass will cover

the subjects of the physiology of stress and

techniques to reduce it, media pressures, and self-destructive behaviors.

Interactive workshops include:

- An introduction to mindfulness
- Humor as a parenting tool
- Optimal nutrition for teens
- Fitness, family, and stress reduction

Featuring
Eva Selhub, MD, author
of the book, *The Love
Response*, Barent Walsh Ph.D.,
author of *Treating Self-Injury:
A Practical Guide*, and
David Bickham, Ph.D from
the Center on Media
and Child Health.