



# PARENTING TEENS

*Presented by Cocoon House*

Oct. 22

## **SUCCESSFUL COMMUNICATION WITH YOUR TEEN**

Learn and explore ways to communicate your love and frustration so it is actually heard.

Nov. 19

## **PARENTS' GUIDE TO TEEN DEPRESSION**

Learn to distinguish whether or not your teen is suffering from a clinical disorder, and how to find treatment.

Dec. 3

## **BULLYING**

Learn some great techniques to help when you see bullying, how to identify bullying, and what to do if your teen is being bullied.

**TUESDAYS • 6p.m.**

## **MUKILTEO LIBRARY**

4675 Harbour Pointe Blvd.  
425-493-8202

[sno-isle.org/parentingteens](http://sno-isle.org/parentingteens)

*For parents and caregivers of tweens and teens.*

Accommodations for people with disabilities will be provided upon request.  
Please contact your library with two weeks advance notice.

