

Spring Workshop

WITH **ATX**
Counseling

Staying Connected Through the Pre-Teen Years

Ideas and Strategies for Healthy Families

Transitioning to the teen years is an exciting time as kids continue to explore who they are and express themselves in a variety of ways. This unique time can also bring about feelings of anxiety related to peer relationships, changes in their body, pressures of social media, and a natural tendency to crave greater independence. Join us for a workshop for 5th and 6th grade parents to learn how to navigate the uncharted territory of Middle School.

Workshop Objectives

- Maintain Open Communication
- Learn about Identity Development
- Explore Parenting Challenges related to Post-Millennials
- Avoid Power Struggles with your Child
- Create Healthy Boundaries
- Have Fun Parenting!



“ Kate Carmichael has become an asset to our counseling program. Through her parenting workshops, not only has she been able to teach our parents valuable information about raising teens and the mental health issues they face, but she's also provided them with new tools & skills that they can walk out the door with to help them become better parents and communicators with their kids. Our parents and staff LOVE her! ”



-Christena Rutz
Head Counselor,
Ann Richards School

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