



Understanding your **t(w)een** ...

— Creative Journaling | Feb. 10, 2016 —

FREE Dinner: **5:30 p.m. - 6:30 p.m.** *Leduc Public Library*
Parent session: **6:30 p.m. - 8 p.m.** *(#2 Alexandra Park)*

Coping with our fast paced culture can be tough, and can be magnified by the experiences of our tween's and adolescents. Some youth are constantly thinking, feeling, and getting caught up in each and every moment without the ability to communicate what they are going through. Words are not always available, or even sufficient. Being able to express their deepest and most vulnerable thoughts and feelings are necessary and empowering. Creative Journaling gives a creative outlet to unleash these emotions and create connection between parent and child.

Upcoming Sessions

March 16, 2016



Challenging Bullying

April 13, 2016



Dealing with Exam Stress

For more information or to register, contact the City of Leduc's Family & Community Support Services at 780-980-7109.

*Child care may be available upon request.

