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***Presents a parenting seminar***

***You Are Always Yelling At Me***

# Effectively Communicating With Your Pre-Teens & Teens

## Presented by: Shalini Dayal, MFT43574

# Saturday, March 31st., 2018 10.30am to 12.30pm

***Fremont Main Library, Fukaya Room***

* **Teen Developmental Stage**
* **Understanding the Teen Brain**
* **Risks, Rewards & Defiance**
* **Challenges Teens Face**
* **How & When to ‘Talk’ to Your Teen**
* **Statements to Avoid**
* **Diffuse Conflicts**
* **Reflecting & Mirroring**
* **Connecting with Teens**

**Fremont Main Library**

**2400 Stevenson Blvd., Fremont, Ca 94538**

**510-745-1421 Voice TTY 888-663-0660**

**The Library is wheelchair accessible.**

[**www.aclibrary.org**](http://www.aclibrary.org) **2/2015**