

**ADOLESCENCE: WHAT'S STRESSFUL FOR TEENS? WHAT'S STRESSFUL FOR PARENTS?**



*With Kathleen McShane, Ph.D*

**November 2, 2006, 7 P.M. – 8:30 P.M.  
Kreps Conference Center RHS**

How do you strike a balance between support and understanding while still doing your job effectively? What are the key emotional, cognitive, sexual and physical challenges that face teenagers at this critical juncture? How do we hold on to our children for the important things and, at the same time, let them go so that they emerge as mature, independent young adults? How can we learn to manage our teens' anxieties and differentiate our worries from theirs in the face of today's social and academic pressures?

With a touch of humor, a strong dose of reality, and an insiders' window into adolescents, Dr. Kathleen McShane mixes developmental theory with practical insight. Dr. McShane is a critically acclaimed speaker, a psychotherapist, professor, and an honored Marin County Teacher of the Year. A passionate advocate for families and teens, she has devoted her career to teaching educators, children, and parents.

Comments from *Healthy Teens Marin Tenth Annual Parent University*:

“Fabulous speaker! So much useful information and so little time. She has a very respectful and common sense approach. I really appreciated her affirming all of the pressures of our culture and her honesty.” “Her discussions about emotional, physical and cognitive development of kids and talking about situations and reactions kids have today, the empowering of parents to be parents –excellent workshop.”

***Presented by Redwood PTSA Parent Education  
Jeannie Perry, Vice President, Parent Ed.***