

Navigating Tough Topics and Times with Your Teen

The teenage years can be tough on kids and parents alike – academically, socially and emotionally. Dr. Weichman will speak about the types of issues our kids are facing, how to manage these as a parent and how to best equip your student to deal with these challenges.

NHS PTSA is proud to invite all IUSD parents to a special PARENTS-ONLY* evening with renowned psychologist, Dr. Jerry Weichman

**TUESDAY, OCTOBER 28
7PM**

**NHS Media
Center**

Dr. Jerry Weichman PhD, is a clinical psychologist and adolescent specialist as well as an author, speaker and parenting expert. His Weichman Clinic is located at Hoag Hospital's Neurosciences Institute in Newport Beach, California and directs its Teen Brain Program – one of California's only comprehensive mental wellness programs exclusively focused on children and adolescents. Author of the teen survival guide, *How to Deal*, and noted media expert on teen issues, Dr. Jerry is focused on helping teens cope with parents, teachers, friends, academic pressures and depression, communicating with them in a way they understand and relate to – helping them successfully navigate the dramas and pressures of adolescence.

* Please leave your children at home. Based on the subject matter, this is a PARENT-ONLY event.