



Addressing the Challenges of Parenting Adolescents

PARENT ACADEMY

NOW ENROLLING

2 Free Workshops

Together with the Shoreline Share collaborative, Project Courage presents *Parent Academy*, an ongoing series of free workshops to address the challenges of parenting adolescents.

Andy Buccaro, a licensed clinical social worker and the Executive Director of Project Courage, will facilitate an interactive, fun, and informative evening to help parents manage their own stress and anxiety, as well as that of their tweens and teens.

"I've wanted to provide parents on the shoreline and in Middlesex County an opportunity like this for a long time. We have a lot of services in place for kids but there's very little out there for parents." Andy Buccaro

STRESS AND ANXIETY

Thursday, March 31 at Westbrook High School

Tuesday, April 26 at Memorial Town Hall in Madison

6:30 – 8:00pm

To enroll, please email shorelineparentacademy@gmail.com
with your name and town.

Refreshments and on-site childcare for kids over age three will be provided at no cost.



Shoreline Share