



Teens and Stress: Helping your Teen Cope Presented by Teen Wise

February 24th, 2016
7:00-8:30pm

Eastlake High School Theater
Open to all LWSD Parents

The amount of stress that teens are dealing with these days can seem insurmountable. As a result, the rates of anxiety and depression have skyrocketed along with suicidal thoughts and attempts. Parents can feel helpless when they see their teens tired, anxious, and stressed to the max. Together, we'll explore the causes, effects, signs and symptoms. You will leave with ideas on how to help your teen better cope with stress.

Guest Speaker: Sheri Gazitt, Teen Wise founder, has been working with teens for over 12 years promoting positive lifestyle choices. In addition to workshops for teens, parents, and staff members, she also coaches girls one-on-one who are struggling with stress, perfectionism, and friendship issues. TeenWiseSeattle.com

Brought to you by the Lake Washington PTSA Council 2.8. For more info contact Beth Sigall, VP-Family & Community Engagement, face@lwptsa.org, 425.647.0793.

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