

# JOIN THE DISCUSSION

2/1/2023 AT 7:00 PM

## PARENTING TO SUPPORT YOUR TEEN

In the third community discussion in the 2022-23 series, we will discuss **Parenting to Support Your Teen**. Topics that will be covered include: supporting vs over-parenting, parents' changing roles over time, recognizing how our issues may impact our parenting, communication and tools to help as our teens develop and grow in maturity and independence. Our speakers are Annie Egan and Leo de La Huelga.

**LEO DE LAS HUELGA** is a student at Tamalpais High School and an intern with Marin Healthy Youth Partnerships through the Elevate Youth Program.

**ANNIE EGAN** has worked with teens in school and home settings for over 20 years. Through her breadth of experience, she recognizes the impact of surroundings on an individual's mental health. Rooted in a deep foundational knowledge of adolescent development and with a lens of compassion, her work focuses on creating effective systems, enhancing communication and strengthening relationships. Annie received her BA from Duke University and her Masters in Counseling Psychology from University of San Francisco.

Live Spanish interpretation is available.

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