

Staying Connected To Your Teen:

A Guide to Support Youth Through Their Teen Years

Join us to learn about the key ingredients that support a healthy and strong relationship with your teen(s). Healthy relationships include care, support and boundaries. Teenage years can be challenging and strong connections are essential protective factors that allow for continued growth. Learn practical strategies and develop a plan of action to support the development of your child.

Presented By:



Sukh Shergill & Kirsten Hermanson

You are invited to “Staying Connected To Your Teen” Workshop.

When: May 20, 2021 6:30 p.m. – 8 p.m. via Zoom

Register in advance for this workshop:

<https://ca01web.zoom.us/meeting/register/u5wodeysrD0iHtJKOx6lZFeDfgkE11dYtzZT>

After registering, you will receive a confirmation email containing information about joining the workshop.

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A FREE
EDUCATION
SESSION FOR
PARENTS AND
CAREGIVERS

PRESENTERS:
SUKH SHERGILL &
KIRSTEN
HERMANSON

MAY 20TH, 2021
SPACE IS LIMITED

Email questions for
Sukh and Kirsten ahead
of time to:
Kirsten Hermanson,
Manager – Prevention
and School Wellness

khernanson@deltaschools.ca