

Join us for acclaimed speaker Harriet Turk's interactive presentation about practical strategies for connecting with your teenagers, ages 13-19!



harriet  
TURK

February 28

7:00 - 8:00PM

MAIN STREET SCHOOL

## JUST BE UPLIFTING

Connecting with your teenager can be difficult for any parent. Trends and dynamics change so quickly and it's hard to keep up. Through "Just Be Uplifting", Harriet offers insights into the clash of the parent/teen cultures, current pop culture trends and how to cope with change. Harriet will give you tools and information to improve your communication skills, help with family dynamics and how to talk to your child about living a healthier lifestyle. You will leave this program with information you can immediately apply with your child!

Register at [www.iASKJustBeUplifting.eventbrite.com](http://www.iASKJustBeUplifting.eventbrite.com)

*All attendees will be entered in a raffle for prizes!*



For more information, contact [info@iASK-CAB.org](mailto:info@iASK-CAB.org) or (914) 301-3344.