

# Alyson Schafer

Parent Talk Series



PRESENTS

## THE JOYS & FEARS OF THE TEEN YEARS

As a mother who has survived the teen years, Alyson speaks candidly about the joys and challenges that face teens and parents during this unique transition from childhood to adulthood.

During this session parents will learn:

- Brain-based research on teens and their behaviour
- Interpersonal solutions to teen problems
- A refreshing understanding of how great teens can be
- A reality check on the true fears we need to prepare for

*Alyson Schafer is a therapist, best selling author and internationally acclaimed parenting expert with an approach that empowers families to live as a democratic unit. Her style is fast, witty, warm and engaging. She is the resident expert on The Marilyn Denis Show, CanadaAM and a HuffPost Canada Parents contributor. She is an international speaker including the inaugural TEDxKids in Brussels and offers free parenting tips at [www.alysonschafer.com](http://www.alysonschafer.com)*

