

Hartland Community Schools & Project SUCCESS invite all area parents to a FREE PARENT WORKSHOP...

# Top 10 TIPS & TOOLS for Raising TWEENS & TEENS

6:00-7:30 p.m.

Wednesday February 26th  
Hartland Education Support Center Library

Please RSVP to  
Nicole Schingeck  
nicoleschingeck@hartlandschools.us  
or 810-626-2234

## YOUR PRESENTERS:

### Nicole Schingeck, MA, LLPC, CADC

Nicole is the Student Assistance Coordinator at Hartland High School and works with students K-12 in Hartland Schools. Nicole is also a certified drug counselor, sponsor of SADD, parent educator, and member of the Hartland and Pinckey Coalitions.

### Kris Nelson, M.Ed, LMSW, PS-M

Kris is currently the Project SUCCESS Counselor for Hartland High School. Kris has 25+ years working in the schools and community, as a Special Education Teacher, Social Worker, Prevention Specialist, and Parent Educator.

Join Nicole & Kris as they share their experience and insights on raising tweens & teens. They will share with you their top ten list, and send you home with tips and tools you can use, as you navigate the tween & teen years. Topics to be covered include:

- ◆ The Teen Brain
- ◆ “Frog in the Water”
- ◆ Spotting Red Flags
- ◆ Communicating & Staying Connected to Your Teen
- ◆ Assets
- ◆ Parenting Styles
- ◆ “Striking While the Iron is Cold”
- ◆ Circle of Time Activity
- ◆ The Tasks of Adolescence
- ◆ Blue Fish????????????????