

Parenting the Extreme Teen



Liz Van Ryn, M.Sc.
Tara McGee, MSW, RSW



A series of 4 workshops to help parents with both common teen anxieties, and more extreme teen issues such as substance use, self harm, truancy, and mental health issues. In these workshops Tara and Liz will teach you a new way to think about teen problems that will help you respond rather than react to your teen. We will help you figure out how to influence rather than to control, improve your relationship with your teen, and increase the respect that your teen has for you.

When: October 25, November 1, 8, 22, 2018

Time: 6:00pm-7:00pm

Where: 74 Hurontario Street, Suite 213,
Collingwood, Ontario

Cost: \$20 per workshop or \$75 for the series

For more information contact:

Liz Van Ryn 705 351 1285

Tara McGee 705 888 7731

To Book Online:

Creekside Therapy OR

Collingwood Psychotherapy and Yoga Centre

- ✿ Oct. 25: The Process of Maturity and the Teen-Age Brain
- ✿ Nov. 1: Setting Limits with Success: Limit setting from boundaries and values
- ✿ Nov. 8: Connecting With Your Teen: Communication strategies that give and get respect
- ✿ Nov 22: Substance Use, Broken Curfews and More: Dealing with Extreme Behaviors

✿ **Elizabeth (Liz) van Ryn**, M.Sc. is the Director of Family Programs at the Pine River Institute, Canada's pre-eminent residential treatment centre for youth with addictive behaviours and mental health issues. She also runs a private practice called Creekside Therapy. Liz is a Registered Psychotherapist and Registered Marriage and Family Therapist.

✿ **Tara McGee**, MSW, RSW, Dip TIRP is the Director of the Collingwood Psychotherapy and Yoga Centre . She has spent the last 15 years working in the youth mental health field as a Psychotherapist both in private practice and at organizations that are innovating in the field of Adolescent Mental Health such as the Pine River Institute, Blake Boulton Youth Outreach Service and Eva's Initiatives homeless shelters for youth.