

This Side UP Family has partnered with Plano Public Library System to bring you this invaluable, empowering **Fall Parenting POWER HOUR Series!! Tuesdays 7-8pm.** Amazing Local Experts will deliver wisdom and practical ideas to equip parents! Leave ready to Connect with your Tweens and Teens.



Where: Program Room at Haggard Library, 2501 Coit Road, Plano, TX

Sept 29. Social Media 101 - Panel Style Education & Discussion on the in's and out's of social media and it's impact on development and self-esteem. Panelists: Cynthia Garrison (PISD Lead Parent Educator), Coach Keisha Howard (Parent&Teen Coach, 2015 Mom's Choice Award), JJ McLeod (Youth/Family Pastor at Legacy Church Plano), Irum Kitty Jones (Chief Technology Office, VPay & Noxx Media Group)



Oct 6 TAG, You're It - Development of the adolescent brain, stress, depression and suicide; learn how to recognize the signs of a young person in psychological distress and how to get appropriate help. Presented by Vanita Halliburton.

Oct 13 Communicating Effectively with Your Teen - Dr. Jenny Warren from Collin College will share information and answer your questions on effective communication.

Oct 20 Healthy Relationships - The Family Place will share information on teen relationships, friendships, and dating, and how to address your concerns as a parent.

Oct 27 Raising a Strong Teen - Learn how to navigate the sometimes challenging teen years and equip yourself with the necessary tools to support their development.

Nov 3. Drugs/Alcohol - Panel Style Education & Discussion on current drug and alcohol issues facing our teens and how to communicate effectively to protect and strengthen your child. *Panelists: Cynthia Garrison (PISD Lead Parent Educator), Diane Windsor (Single Side UP Leader), Grace Raulson (Collin County Substance Abuse Specialist) Officer Courtney Pero (Plano Police Officer)*

Nov 10. Sex - Panel Style Discussion on talking to your tween/teens on this tough, but very important topic. *Panelists: Cynthia Garrison, Jennifer Barker (Director of Programs at CARE Collin County), Laura Atterstrom, MA (Licensed Marriage and Family Therapist)*

POWER HOURS are FREE to the community.

Water and Light Snacks Provided.

(We'll send you home with terrific additional resources on each topic, too.)

**Don't miss this incredible Tween/Teen Parenting POWER HOUR Series!!
Hosted in partnership with Plano Public Library System.**