

MVLA High School Foundation, Mountain View and Los Altos High School PTSAs, and the
Los Altos – Mountain View PTA Council Present

“Getting to Calm: Parenting Teens and Tweens”

Dr. Laura Kastner, Ph.D.

Tuesday, October 20th 2009

7pm – 9pm

Mountain View High School Theatre
3535 Truman Avenue

Dr. Kastner will provide practical, realistic and ultimately reassuring guidance to navigating one of the most challenging aspects of parenting today: staying *calm and clear-headed* during some of the most common hot-button situations that arise during the teen years, such as:

- When your teen is rude and sarcastic
- When your smart teen does something really dumb
- When teen problems drive a wedge between you and your spouse
- When your teen is acting like a spoiled brat
- When you're worried you're losing your teen
- When teens are mean

Dr. Laura Kastner, Ph.D. is an author, psychologist, and clinical associate professor at the University of Washington in the Department of Psychiatry and Behavioral Sciences. She is co-author, with Jenny Wyatt, Ph.D, of *The Seven Year Stretch: How Families Work Together to Grow Through Adolescence, The Launching Years: Strategic Parenting From the Senior Year to College, and Getting to Calm: Cool-headed Strategies for Parenting Teens and Tweens*.

Please contact LAMV PTA Council Chairperson Sharon Greenstein with any questions at sbgreenstein@earthlink.net.