

TUESDAYS | 6:15 - 7:30PM

OCT 15 - NOV 19
6 WEEKLY SESSIONS ON ZOOM

Ce Eshelman, LMFT

Presents —

BECOME A

TEEN WHISPERER

TO CHANGE THE TUNE AT YOUR HOUSE

Create the habits you need to make and, actually keep, to become a bona fide Teen Whisperer at home.

Growing a solid relationship with your teen requires new habits, one might say "Atomic Habits" like the ones James Clear writes about in his book by that name. We are going to take a journey together for six weeks making small shifts in our parenting lives for major change in our relationship with our teens. Are you ready to change your home life?



Class Topics and Dates

Part 1 – Habit #1 – Oct 15
The Art of Relationship with Your Teen

Part 2 – Habit #2 – Oct 22
Adolescent Development and Your Teen's Brain

Part 3 – Habit #3 – Oct 29
Talk is Cheap: Learning the Language of Teens

Part 4 – Habit #4 – Nov 5
Beware: Co-Escalation and Co-Regulation

Part 5 – Habit #5 – Nov 12
The Control Trap and the Skill of Letting Go

Part 6 – Habit #6 – Nov 19
Laying Down the Sword: Learning to Repair and the on-going Self-Care Solution



Register here
or call 530.918.7222
to register by phone.

No cost to participants.

Ce Eshelman, LMFT, is an Attachment and Trauma Specialist and adoptive mom with a private practice, The Attach Place, in Sacramento. She is the facilitator of The Love Matters Parenting Society, an online annual membership for becoming great therapeutic parents while thriving at the same time. ce@attachplace.com



Wayfinder FAMILY SERVICES



CHILD ABUSE PREVENTION COUNCIL
OF SISKIYOU COUNTY