

WEDNESDAYS | 3:30 - 4:45PM

MAY 6 - JUNE 24
8 WEEKLY SESSIONS ON ZOOM

Ce Eshelman, LMFT

Presents –

BECOME A

TEEN WHISPERER



...TO CHANGE THE TUNE IN YOUR RELATIONSHIPS

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

Growing a strong, steady relationship with today's teens doesn't come from bigger reactions—it comes from better habits. The kind of small, intentional shifts James Clear's book *Atomic Habits* made famous—simple changes that create lasting impact with time. Over eight weeks, we'll take a focused journey together—parents and professionals alike—learning how to make those shifts in real time, inside real relationships with teens. This is where insight turns in practice, and practice turns into trust. Are you ready to change how you show up—and transform your connection with teens?

Class Topics/Dates

Part 1 – Habit #1 – **May 6**

The Art of Relationship with Teens

Part 2 – Habit #2 – **May 13**

Adolescent Development and the Teen Brain

Part 3 – Habit #3 – **May 20**

Talk is Cheap: Learning the Language of Teens

Part 4 – Habit #4 – **May 27**

Beware: Co-Escalation and Co-Regulation

Part 5 – Habit #5 – **Jun 3**

The Control Trap and the Skill of Letting Go

Part 6 – Habit #6 – **Jun 10**

Laying Down the Sword: Learning to Repair and the on-going Self-Care Solution

Part 7 – Habit #7 – **Jun 17**

Teens Still Need You, Even When They Say They Don't

Part 8 – Habit #8 – **Jun 24**

What Every Teen Needs to Know for Success



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



CHILD ABUSE PREVENTION COUNCIL
OF SISKIYOU COUNTY

Register here
or call 530.918.7222
to register by phone.
No cost
to participants.