

Parenting your Teenager -- The Indo-American Context

Saturdays 9:00 AM – 3:00 PM
February 25 – March 3, 2012



Adolescence is a time of tremendous physical, social, and psychological change. Teenagers often feel alone, confused and overwhelmed. The complexity of growing up between two cultures makes it even harder. Parents aren't always attuned to the challenges their children face. They may themselves feel overwhelmed in a culture that often seems in conflict with their deeply held beliefs. As a result, communication between parents and their children can become strained. Then the children rely on their peer group for support and guidance – which can further complicate matters.

I have worked with Indo-American families going through this phase of life. These workshops seek to assist parents in understanding the issues facing their children, exploring their own concerns and fears in regard to their children, and developing effective communication strategies so that they can continue to enjoy, support, nurture, and empower their children through this transition to young adulthood. We will address a range of topics –

- *What They Want -- Exploring their social, emotional, and biological needs*
- *Balancing the Poles – Factors important for cultural adjustment*
- *The Third Person -- Dating and relationships*
- *Growing Closer -- Sexuality and sexual behavior*
- *Defining Oneself -- Body image, self-esteem, dress code*
- *Fitting-in or self-soothing -- Smoking, drugs and alcohol use*
- *Other Stuff At Work – Gangs, bullying, cyber exposure, video games*
- *Too Much to Handle -- Peer pressure, academic pressure, stress and depression*
- *Making It Work -- Effective disciplinary methods*
- *Ties That Bind -- Family relationships*
- *Talking So They Hear -- Effective communication with your teenager*
- *Ready for Life -- Nurturing quality social and emotional development.*

Facilitator: Sushma Trivedi
Licensed Marriage and Family Therapist

Total Cost: \$200.00 (individual)
20% discount on group registration

Address: 2875 Middlefield Road, Suite 8
Palo Alto, CA 94306

Registration: (408) 206 9066; sushtrivedi@gmail.com

<http://www.sushmatrivedi.com>