

HEALTHY

MINDS HEARTS SPIRITS

A Mini-Conference to Address
the Needs of Children & Teens

Thursday, April 22

Royal Oak High School



Royal Oak Youth Assistance, Catholic Social Services, Royal Oak Community Coalition, Royal Oak High School PTSA and the Royal Oak High School's Counseling Department are partnering to provide an opportunity for parents to learn more about the inner lives of their children.

Agenda

5:30 - 7:00PM Spaghetti Dinner, Bake Sale & Exhibits

7:00 - 8:00PM Workshops

8:00 - 9:00PM Workshops

FREE Workshops:

- *From Car Seat to Car Keys: Thriving in the Teen-Age Years
- *The State of the Union : How to De-stress your family in today's economy.
- *Understanding and Managing ADHD *Handling Family Conflict
- *Just for Dads: Understanding the importance of Fathers
- *A work in Progress: The teenage brain and how it operates.
- *Nurturing Healthy relationships *Healthy Bodies, Healthy Minds

Name: _____ Address: _____

E-Mail: _____ Phone #: _____

I am interested in workshops: _____

And: _____

Mail to: Brenda Romanchik, Catholic Social Services, 1424 E. Eleven Mile Rd, Royal Oak, MI, 48067

Call: (248)548-4044 ext:3127 for information or to RSVP for free child care - No children under 5 years.

